



**COMMUNITY AGING IN PLACE,
ADVANCING BETTER LIVING
FOR ELDERS**



**CAPABLE is a tested program developed by
Johns Hopkins School of Nursing more than
15 years ago and is being disseminated nationally.
It is brought to you and your community by UDS.**

PARTICIPANT ELIGIBILITY:

- Older adults (60+) living in the community
- Cognitively able to participate
- Difficulty with at least one activity of daily living task (bathing, dressing, getting in/out of bed/chairs, eating, using the toilet, grooming, walking across a small room) or two instrumental activities of daily living tasks (preparing meals, doing housework/cleaning, shopping for personal items, using the telephone, washing clothes/doing laundry, paying bills and managing finances, traveling by themselves out side of the home, taking medications).
- No plans to move in the next year
- Not actively receiving care for advanced disease (chemo, radiation, etc.)
- Able to participate in 4 month program
- Less than 4 hospitalizations in one year
- Geographical area of Lancaster, Lebanon, Berks and York Counties
- Not currently receiving in home therapy or nursing care
- Participant is ready to make a change

What Is CAPABLE?

- CAPABLE is a client-directed home-based program designed to increase mobility, functionality, and capacity to allow older adults to age in their home and community.
- Through six visits from an Occupational Therapist and four visits from a Registered Nurse within 4 - 6 months, the older person sets goals and takes action.
- A handy person follows a specific work order to make minor modifications. Additional supplies or equipment help improve daily function.
- Eligible older adults live in the community, are 60+ and do not have a memory disorder or cognitive limitation. See the green box under "Eligibility" for additional criteria to be invited to receive CAPABLE.

The CAPABLE Approach

CAPABLE is different from medical or rehabilitation care. It is not ordered by a doctor – and the goals are set by the person, not the clinicians. Other features



There is no cost to the participant



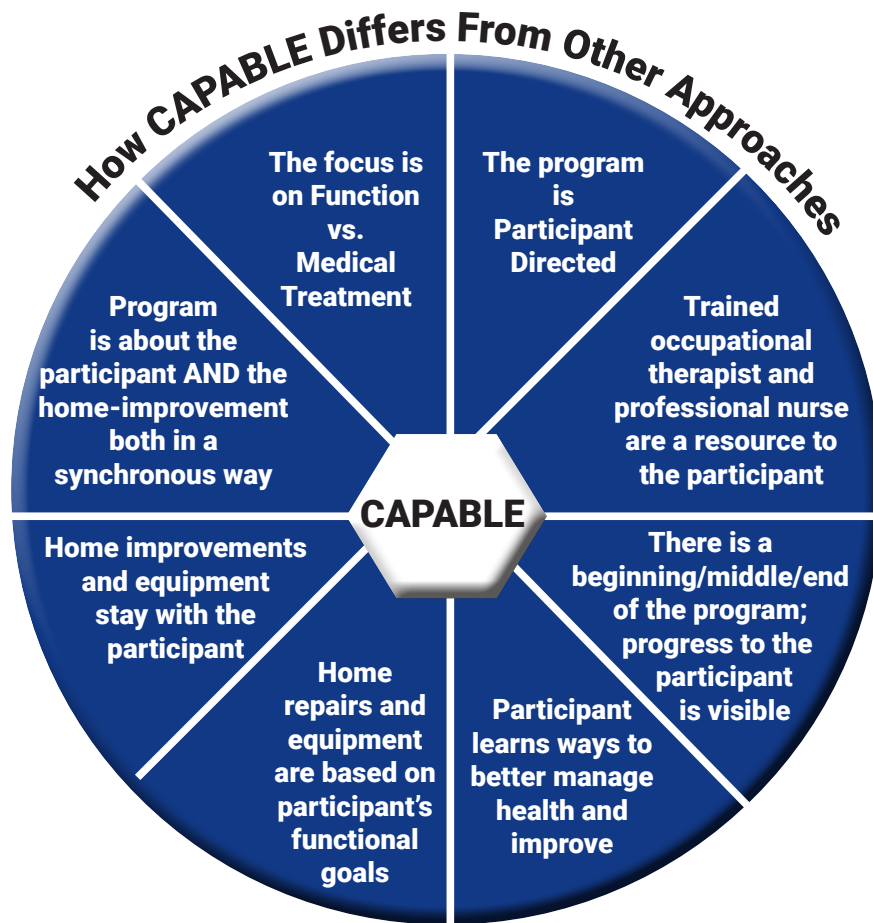
The participant directs what they want to accomplish within about 4 months



The OT and RN are there to assist with ways for the person to reach the goals



The small changes to the home made by the handy person are related to what goals the person sets – the budget for repairs or changes is modest, but small changes can still make a big difference



FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT TO LEARN MORE ABOUT CAPABLE PLEASE CONTACT UDS AT:

Phone: 888-837-4235

Email: ResourceCenter@udsfoundation.org

Website: udservices.org/capable

