



## Community Aging In Place, Advancing Better Lives for Elders

### What is CAPABLE

- A research-based, time limited, interventional program designed to keep adults independent in their home
- Interdisciplinary approach: Occupational Therapist (OT), Registered Nurse (RN), Handy Person
- Focused on individual strengths and goals in Activities of Daily Living (ADLs) and Instrumental Activities of Daily Livings (IADLs)
- Client-directed and client-centered assessments, education and interventions

### Individuals who would benefit from CAPABLE are people who...

- have experienced a health decline
- have decreased independence with ADLs
- would benefit from additional equipment at home
- are in need of minor home maintenance & repairs
- are living in the community with limited/no caregiver support

### Inclusion Criteria

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



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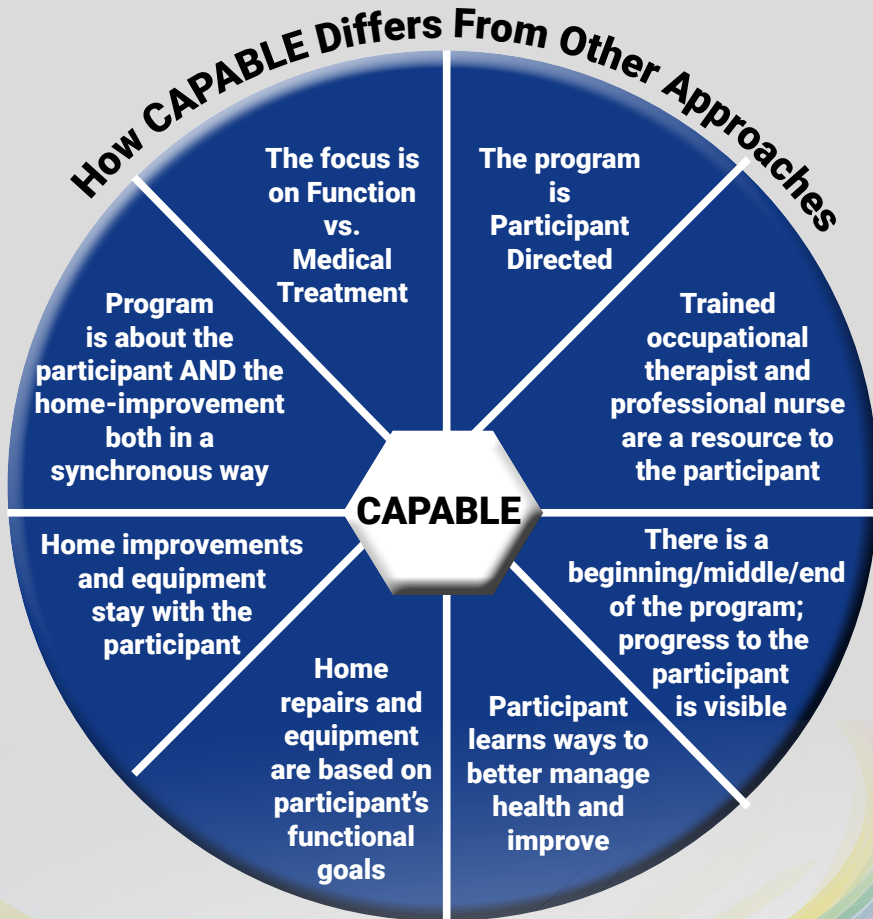
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**CAPABLE is a tested program developed by Johns Hopkins School of Nursing more than 15 years ago and is being disseminated nationally.**

**It is brought to you and your community by**

**uds**



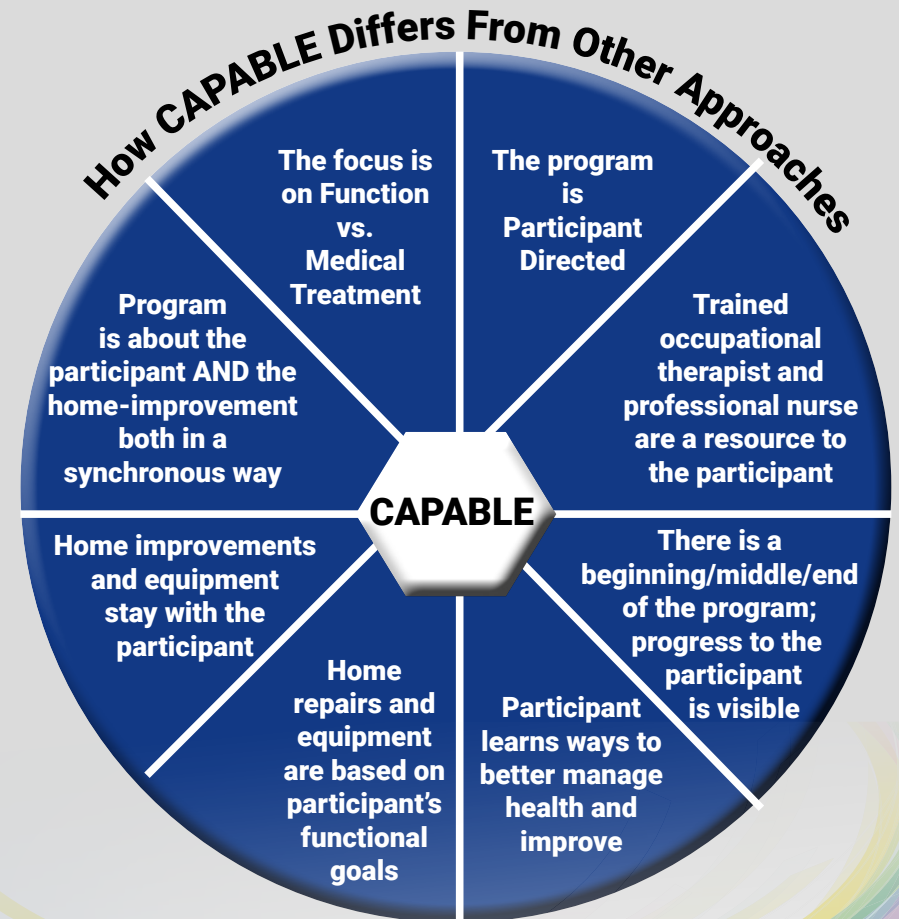
**For more information contact  
UDS at 888-837-4235  
[www.udservices.org/capable](http://www.udservices.org/capable)**



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