

# 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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**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



The focus is on Function

The focus is Participant

The program

is

Participant Medical **Treatment Program** is about the participant AND the home-improvement

**Participant** Directed

> **Trained** occupational therapist and professional nurse are a resource to the participant

**Home improvements** and equipment stay with the participant

both in a

synchronous way

Home repairs and equipment are based on participant's **functional** goals

There is a beginning/middle/end of the program; progress to the participant is visible

Participant \ learns ways to better manage health and improve

For more information contact UDS at 888-837-4235 www.udservices.org/capable

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