



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

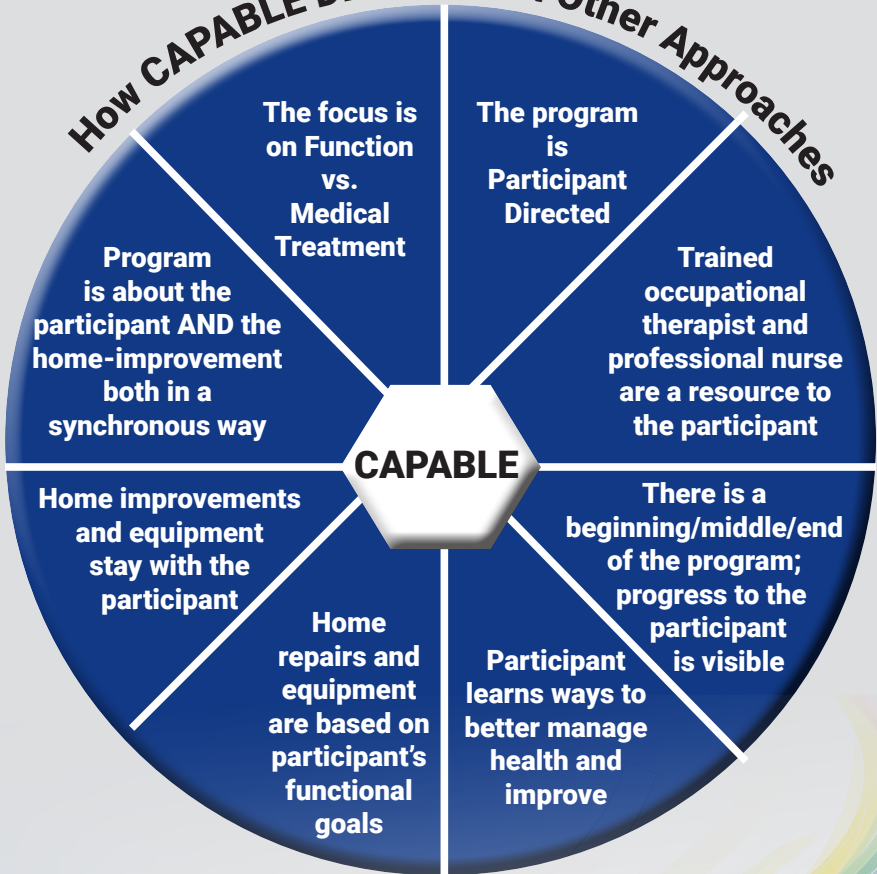


CAPABLE is a tested program developed by Johns Hopkins School of Nursing more than 15 years ago and is being disseminated nationally.

It is brought to you and your community by



How CAPABLE Differs From Other Approaches



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