CAPABLE
a tri discipline approach to aging in place

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COMMUNITY AGING IN PLACE - ADVANCING BETTER LIVING FOR ELDERS

Capable
Key issues

- Health decline
- Decreased ADLs
- Home maintenance & repairs
- Limited or no caregiver
- Limited financial resources
The Solution = CAPABLE

- Tri-Discipline approach
  - OT
  - RN
  - Handy person
- Focused on individual strengths and goals in ADLs and IADL
- OT: 6 visits, RN: 4 visits, Handy person: budget for simple modifications and AE/DME
- Program length 4-5 months
- Whole cost in Baltimore = ~ $3000 in 2017
- Whole cost in Denver = < $4000 in 2021

- Client-directed ≠ client-centered
The Solution = CAPABLE
Continue

- The **CAPABLE** program works to address the needs of older adults through small adjustments that are related to their goals (grab bars, reachers, small AE etc),

- Larger investments, such as adding steps to entries or tub cuts for safer transfers help ensure each participant's needs are met.

- The goals of the program are to help older adults remain in their homes longer, improve health outcomes, and decrease medical costs.
Five features TO AGE IN PLACE

- No step entry
- Live on 1 level
- Wide halls & doorways
- Accessible outlets/switches
- Lever handles/faucets

% in USA HOMES: 1
CAPABLE Case Study

• 66 year old female living in two story home
• Retired RN
• Moved to Colorado 3 years ago to live with sister
• Children live out of state
• Diagnosed with MS at age 46
Pre-screen/baseline Results

- Activities of Daily Living (ADL) difficult = 3
- Instrumental Activities of Daily Living (IADL) difficult = 7
- PHQ-9 depression screen = 7
- Perception of overall health = 60
- Confidence to not fall = 67
Occupational Therapy Goals

1. I want to be able to get in and out of my garage door by myself
   - Elongated the steps which shortens the height and distance between the steps
   - Add grab bars
   - No fall strips
   - Being able to hold on to the grab bars with both hands at the same time
   - Rest before going up and down the steps

2. Be able to manage the stairs by myself
   - Stair glide chair
   - Avoid stairs in public
   - Sit on stairs when fatigued
   - Use both railings
3. Be able to get in and out of the tub shower with more security
   - Sit and rest, slow down
   - Have sister upstairs for comfort
   - Use fan to cool myself down
   - Put bath mat down
   - Add tub mounted grab bar
   - Keep door cracked to let heat out
Registered Nurse Goals

1. **To prevent falls**
   - Discussed being adequately hydrated to prevent dizziness

2. **Organize her closet and declutter**
   - Discussed and help client practice energy conservation measures by taking frequent rest breaks

3. **Sleep better and develop a routine**
   - Sleep Spray
   - Discussed ways client should take in electrolytes to address cramps (nutrition)
   - Health Passport
Post screen

1. ADL difficulty = stayed the same
2. IADL difficulty = 4, improved by 3
3. PHQ 9 (depression screen) = 6, improved by 1
4. Perception of overall health = 100, improved by 40
5. Confidence of not falling = 99, improved by 22
Client Comments

• I’m more active and involved in joining my family using the stair lift. I’m being more social as previously hesitated to be involved due to taxing effort of ambulating stairs.

• They are about doing the best thing for you.

• The right people are in the program. Too nice. This has been a godsend.

• I can get myself a cup of ice. I can do little things. I always had to call my sister or yell for her friend. You know it just takes a lot off of my mind.

• I feel more independent. I’m in the community more often. I get out almost daily and sometimes twice a day.
CVNA DATA 2017-2019 ~130 clients

**ADLs**
- Improve: 77%
- Stay Same: 13%
- Worse: 10%

**Fall Risk**
- Improve: 59%
- Stay Same: 29%
- Worse: 12%

**Depression**
- Improve: 62%
- Stay Same: 9%
- Worse: 29%
CLIENTS’ QUOTES AT DISCHARGE

• I’m feeling more confident. I can do more things.

• It’s been a ride but a good ride. I had given up but now I can believe in myself.

• The program helped me believe in myself and know that someone else cared.

• This ain’t going to work, what good am I. You all came along and gave me inspiration and believed in me.
To contact the CAPABLE program

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