



CAPABLE

NEWSLETTER

Keeping our community connected

November - December 2023

In the News



CAPABLE Shines in St. David's Foundation Feature

St. David's Foundation funds programs and initiatives that support the health and well-being of the Austin Texas Metro area. In 2021, the Foundation supported Meals on Wheels and the Area Agency on Aging of the Capital Area in implementing CAPABLE. The local CAPABLE program was spotlighted in the *Best of the Region Session* at the recent Grantmakers in Aging Conference. **Learn more about St. David's CAPABLE initiative [HERE](#)**

In this 5-minute video, you hear from graduates of CAPABLE about how the program changed their lives for the better.

WATCH NOW >



In the Community

Breaking Ground: CAPABLE as a Medicaid Benefit

Visionaries are the catalysts that propel healthcare into the future, reshaping the landscape of medical practices, patient care, and healthcare systems. Recently, the Colorado Department of Health Care Policy & Financing (HCPF) and the Colorado Visiting Nurse Association (CVNA) embarked on a groundbreaking journey to test the viability of offering CAPABLE as a Medicaid benefit in Colorado. What brought these two organizations together, you might wonder?

HCPF had a familiarity with the CAPABLE model, thanks to CVNA. Having witnessed the program's successes in Denver, they couldn't help but be intrigued. They wanted to delve deeper into how this innovative approach to healthcare could be expanded and transformed into a Medicaid benefit in Colorado. At the same time, CVNA had a vision of expanding CAPABLE beyond the bustling streets of Denver and into other areas of the diverse state. And thus, a serendipitous partnership was born, driven by the shared goal of transforming lives through CAPABLE.

The journey began with the selection of two organizations to pilot CAPABLE: CVNA and Brother Redevelopment Inc. The diversity of these organizations intrigued Karin Stewart, the project lead, who noted that "One organization is health-based, and one is construction-rehab focused. It will be interesting to see each of these organizations will approach CAPABLE implementation. Indeed, this fusion of expertise from different domains promises to bring fresh perspectives to the table.

What truly sets CAPABLE apart, as Karin enthusiastically shares, is its departure from the one-size-fits-all approach. "It's different," she says, her eyes lighting up. "My favorite part of CAPABLE is that it starts with the person and what is important to them. We begin there, and that is truly beautiful." CAPABLE recognizes the unique needs and aspirations of each individual, putting their health and well-being at the forefront of the program.



Karin and her team have been hard at work during the first year, laying the groundwork for this ambitious pilot project and gaining momentum along the way. Data is being gathered and evaluated every month, ensuring that the project stays on course. To achieve this, HCPF has joined forces with an external entity, the Colorado Evaluation and Action Lab at the University of Denver, for a comprehensive evaluation of the findings. This rigorous approach will help determine CAPABLE's potential as a Medicaid benefit within the state. The HCPF pilot project is scheduled to continue until December 2024.



"As we eagerly anticipate the results of this groundbreaking pilot, Colorado can take pride in the fact that our state is at the forefront of healthcare innovation," says Colleen Morton, CAPABLE Program Manager at CVNA. "This partnership has presented the opportunity not to only increase the number of individuals that we are able to offer this resource to, but enhance our ability to offer this service to more counties in the state," says Colleen.

Resources



National Family Caregivers Month

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work while also providing care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care. CAPABLE is a proud observer of NFCM, and works year-round through programs to engage, support, and empower caregivers.

Family Caregiver Toolbox:

DOWNLOAD

Ten Tips For Family Caregivers:

READ MORE



Getting Into The Season of Gratitude and Thankfulness

November is the Month of Gratitude

As we step into the season of gratitude, we'd like to take a moment to express our heartfelt appreciation for the incredible individuals who make the CAPABLE program a reality. Your unwavering dedication and tireless efforts are changing lives in profound ways. We're truly thankful for your commitment to improving the well-being of our community members. Your compassion and hard work inspire many. Thankful and grateful for our CAPABLE community.

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Our mailing address is:

CAPABLE

Johns Hopkins School of Nursing

525 N. Wolfe Street

Baltimore, MD 21205-2110

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Newsletter feedback? bfitzek@jhu.edu

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