



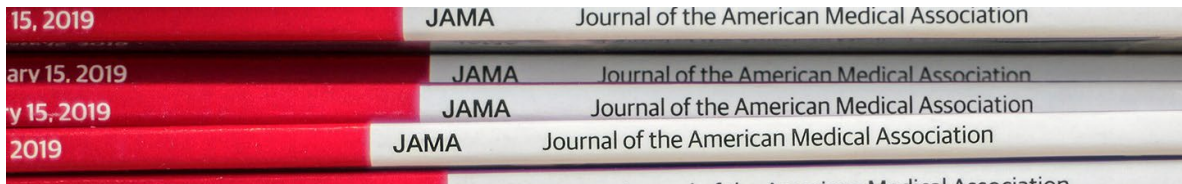
CAPABLE

NEWSLETTER

Empowering Updates and Insights

July - August 2024

In the News



JAMA Blog Calls Out CAPABLE as Innovative Development

A recent blog post in the JAMA Forum titled "*Caring for an Aging US Population—the Good News and the Bad News*" highlights the challenges and the various innovations to reimagine care for an aging population. Among these innovations, the article specifically calls out the CAPABLE program for its unique approach to addressing the care and social support of older individuals.

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School of Public Health Dean Spotlights CAPABLE

In the Spring/Summer 2024 issue of Hopkins Bloomberg Public Health magazine, Dean Ellen MacKenzie highlighted CAPABLE as a proven, sustainable intervention designed to address the increasing mobility challenges faced by the growing population of older adults.

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In the Community

Ela's Journey in Empowering Independence

Ela Dupont has always been driven by a passion for helping others, a trait inherited from her mother who cared for many family members. Her desire to become an occupational therapist was sparked in seventh grade when she observed a home healthcare team assisting her grandmother after a stroke. "I knew from that moment that I wanted to be an OT," says Ela. And she has never wavered from that goal.

Her resume reflects her unwavering commitment to improving the lives of others. Ela's professional journey includes significant roles such as Manager of Rehabilitative Services and Medical Social Work and Director of Clinical Services at Franklin County Home Health Agency. Additionally, Ela teaches as an adjunct professor at the University of Vermont and runs a small business with her husband, focusing on healthy aging in place. Missing patient interactions, she recently shifted her focus back to clinical work.

A key element of Ela's transition into clinical work is her involvement with the CAPABLE program. Her interest in this program was sparked during her time as a Vermont delegate to the Representative Assembly of the American Occupational Therapy Association. Ela's experience in both OT and home modification consulting made her a strong advocate, allowing her to use her skills to help people stay in their homes.

Ela has been instrumental in implementing the CAPABLE program in Vermont, which aims to serve 70 clients over the next two years with funding from a Centers for Medicare and Medicaid Services grant. To date, the program has served 20 clients. She highlights the challenges of providing CAPABLE in the state's rural areas. "Winter and distance are significant considerations for the CAPABLE program in rural Vermont," explains Ela. "The winters can be brutal, limiting our ability to provide home modifications.



Additionally, the distance between homes in rural areas means I can only make so many visits in a day." In addition to her clinician responsibilities, Ela also focuses on program marketing, engaging with case managers and home health agencies to get the word out about CAPABLE.

Ela shares a recent story about an octogenarian client to convey why she does what she does. "This particular client had been eating her meals in bed," explains Ela. "We put the couch on risers, provided an adjustable table, and plates with a lip." For the first time in years, the client could eat at a table. "It was a true quality of life intervention."

Looking ahead, Ela hopes to demonstrate CAPABLE's value to the state and see CAPABLE expand statewide over the next several years. "Helping seniors age at home rather than in a nursing home isn't just about providing care," she says. "It's about preserving their independence, dignity, and connection to their communities. My goal is to ensure they live their golden years with the quality of life they deserve."

Research Roundup



CAPABLE Referenced in Research Exploring Nurse-led Models of Care in the Elimination of Health Inequity

Research in *Nursing Outlook* explored nurse-led models of care and their implications for improving healthcare access, quality, and reducing costs for Medicaid recipients. Existing multi-level frameworks, such as CAPABLE, are mentioned that operationalize resilience and pave the way for the development of nurse-led programs that can address health inequities.

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CAPABLE Family Study Hosts Celebration Luncheon



On June 5, the CAPABLE Family study team hosted a luncheon to celebrate the study's completion. The event welcomed research study participants, including older adults with mild cognitive impairment and their care partners. Highlights of the Event:

- **Importance of CAPABLE:** Sarah Szanton spoke about the significance of CAPABLE and the crucial role of participant involvement in the nationwide dissemination of the program.
- **Research Findings:** Inga Antonsdottir, a recent DNP/PhD graduate, presented her dissertation findings on sleep study results among the dyads. Attendees received a one-page summary of the analysis.
- **Personal Testimonies:** Two older adults and two care partners shared their positive experiences with the program and our team, highlighting the benefits they received.

Guests enjoyed a catered lunch and had the chance to connect. Study participants received a certificate for participating in the CAPABLE Family program and a gift bag filled with goodies.

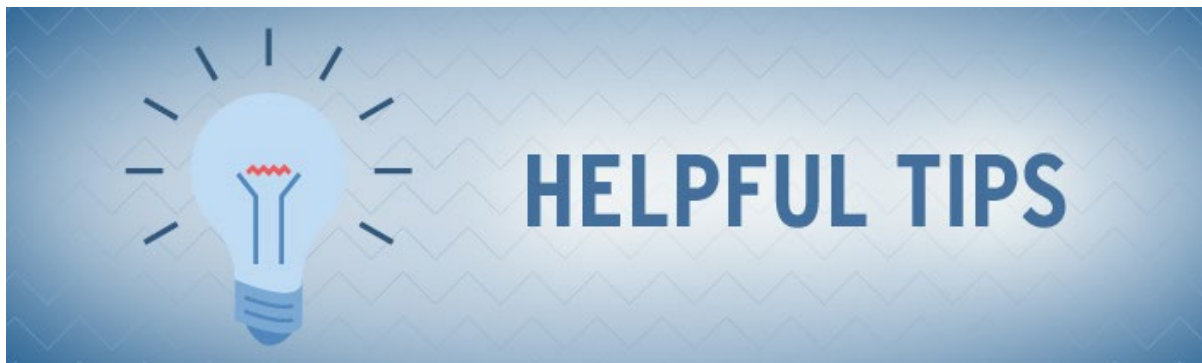
Events

**SAVE THE
DATE!**

Save the Date: CAPABLE Summit Set for October 2

We are currently in the planning stages for a CAPABLE Summit, scheduled for October 2, 2024 in Washington D.C. This event will bring together CAPABLE sites, funders, policymakers, and participants. The summit promises a day of insightful programming, with both in-person and virtual attendance opportunities. Attendees can look forward to networking, sharing knowledge, and fostering cross-disciplinary collaboration. Stay tuned for more details as the date approaches. If you have any questions about the Summit, email bfitzek@jhu.edu.

Resources



CAPABLE Releases New CAPABLE Tip Booklet

CAPABLE has released a new tip booklet for sites offering the program, accessible through the members-only section of their website (Admin Tool > Clinician Materials > Handouts for Participants > Tip Booklet). Available in both English and Spanish, the booklet is packed with tips for CAPABLE clinicians on topics such as energy conservation, nutrition, falls prevention, and medication management. CAPABLE clinicians provide the Tip Booklet and review relevant areas of their expertise during their final visits. Access to the Booklet can be found in the [members-only section](#)

JULY IS
DISABILITY PRIDE MONTH

July is Disability Pride Month

Disability Pride Month is celebrated annually in July to honor the history, achievements, and experiences of the disability community. It also aims to promote the visibility of people with

disabilities in society, raise awareness, encourage inclusion, and positively influence how people think about disabilities. July was chosen to commemorate the signing of the Americans with Disabilities Act (ADA) in July 1990, which broke down barriers to inclusion in society for those with disabilities. The concept of Disability Pride is based on reworking negative narratives and biases about disability, and countering ableism and social stigma.

Learn how you can honor Disability Pride Month and the people it celebrates

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