



# CAPABLE

## NEWSLETTER

*Keeping our community connected*

**May - June 2024**

## In the News



### **Forbes Shines Spotlight on Szanton's Insights into Home Fall Hazards**

After Joe Lieberman's passing due to complications from a home fall, Forbes published an article shedding light on the risks of falls for older adults in their residences. CAPABLE Co-Developer Dr. Sarah Szanton is one of several quoted professionals because of her involvement in helping older adults age safely at home. Due to success in modifying ADLs, CAPABLE is a certified evidence-based fall prevention program by the Administration of Community Living.

**READ MORE**





## **Grant Award: Enhancing CAPABLE Program**

The Harry and Jeanette Weinberg Foundation awarded a three-year program grant in the amount of \$500,000 to Care Synergy a not-for-profit mission service organization based in Denver, Colorado that operates the CAPABLE National Center. The grant's purpose is to build up CAPABLE by supporting the CAPABLE National Center to expand CAPABLE services, support and provide technical assistance to licensed sites, and conduct external engagement to promote and sustain the model. "With the support of The Harry and Jeanette Weinberg Foundation, we are excited to continue our work in empowering communities to create environments where older adults can thrive," says Tricia Ford, Senior VP of Operations at Care Synergy.

---



## **CAPABLE Highlighted at Annual Issues in Aging 2024: Navigating Challenges in Aging**

The Institute of Gerontology, Wayne State University, and the Alzheimer's Association- Michigan Chapter, extended an invitation to the CAPABLE National Center to offer a plenary session at the 37th Annual Issues in Aging Conference, on April 29, 2024. The conference was held at the VisTaTech Center at Schoolcraft College in Livonia, Michigan. Tricia Ford, Senior VP of Operations and Amanda Goodenow, CAPABLE Strategic Partnership Specialist presented on the CAPABLE program. A copy of the presentation is available on [request](#).

# In the Community

## Happy Retirement

### From Carpenter to Community Champion

After many years of dedicated service, Gary Felser, a beloved CAPABLE handyworker and construction supervisor at Civic Works, is retiring. His journey began in childhood, tinkering with erector sets. Later he honed his skills in custom cabinetry. Influenced by an upbringing rooted in social justice, he was drawn to Civic Works because of their work with underserved communities. For someone who likes giving back, Civic Works was a perfect fit. "To me, it's very satisfying to be part of that process of lifting up people," says Gary.

Throughout his tenure, Gary has been instrumental in the local CAPABLE program, focusing on enhancing seniors' independence and mobility. Collaborating closely with occupational therapists, he helps to identify home repair solutions to improve the lives of seniors. Reflecting on his time at Civic Works, Gary recalls the many heartwarming stories of transformation. "I'm really proud that I've been able to help so many people over the past 13 years," he says. For Gary, the real highlight is when the grandmother looks him in the eye and tells him that his home repairs have allowed her to use a bathtub for the first time in years. The sense of fulfillment derived from knowing he has made a tangible difference in people's lives is a sentiment he carries into retirement. As he bids farewell to Civic Works, Gary expresses gratitude for the opportunity to serve the community and make a meaningful impact. While he will miss the camaraderie and daily interactions, Gary looks forward to the next chapter of his life, knowing that his legacy of compassion and dedication will endure.



## Research Roundup



## **Johns Hopkins Completes CAPABLE Care Partner Pilot Study: Highlights & Dissemination**

With funding from the National Institute on Independent Living, Disability and Rehabilitation Research (NIDLRR), Johns Hopkins' researchers and associates created and tested a prototype of CAPABLE Care Partner as an enhancement to CAPABLE. This prototype was developed through a three-phased approach over four years and incorporated care partners, older adults, clinicians, social workers, and administrators to design and test this enhancement using human-centered design principles. We performed a care partner/caregiver literature review, convened a National Advisory Group, and conducted three rounds of key informant interviews to create a prototype that was then tested in 2023 in three pilot sites. These three sites (Lumeris, MO, Capital Area Agency on Aging, TX, and Meals on Wheels Central TX) were seasoned CAPABLE organizations and had demonstrated leadership and acumen in providing this program.

Methods included review of pre/post assessments of care partners and 360-degree qualitative interviews with more than 40 individuals. Results showed positive effect on care partners and provided real-world insights on how to incorporate a social worker/support specialist into the program. Key take-aways include the value and importance of involving the care partner in CAPABLE visits with clinicians, support for an integrated team approach involving a social worker/support specialist with the CAPABLE clinicians by conducting 1-2 visits with the care partner/participant dyad (with at least one in the home), and connecting the dyad to tailored, local resources.

Through this enhancement, the care partner and the older adult dyad will be better positioned to address current and future needs. They have additional information and skills they can use to connect with social supports/community resources, attend to self-care, and brainstorm how to address current and future needs as they “age in community.” Building the capacity and knowledge of the family unit—both participant and care partner—builds a stronger foundation. This supports the ability to self-advocate and remain proactive. This is part of the “secret sauce” of CAPABLE—putting those skills and that knowledge into action following the CAPABLE service.

The CAPABLE Care Partner prototype, including materials, tools, and training modules for clinicians and social worker/support specialists will be available to all CAPABLE sites by early

Fall in 2024. The CAPABLE National Center will make training and tools available to all CAPABLE sites and look forward to supporting organizations across the country as they build the value of their services.

# Resources



## May is Older Americans Month

May is Older Americans Month, and we're excited to join the Administration for Community Living in celebrating it. This year's theme, "Powered by Connection," highlights the importance of meaningful relationships and social connections for health and well-being. Explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Join us in promoting the benefits of connecting with others. Want more activity ideas for the month?

[READ MORE](#)



**May 6-12 is Nurses Week**

National Nurses Week 2024 is coming up. From May 6 to May 12, we celebrate the theme "Nurses Make the Difference." Join us in recognizing the invaluable contributions of our CAPABLE nurses. While every day is a great day to celebrate nurses, during National Nurses Week, we at CAPABLE want to share our deepest gratitude for all our nurses who continue to inspire us with their compassion and empathy. Want activity ideas for the week?

READ MORE



Contents of this newsletter were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (90RTGE0003). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). Contents of this newsletter do not necessarily represent policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

Copyright © CAPABLE 2024. All rights reserved.

Our mailing address is:

**CAPABLE**

Johns Hopkins School of Nursing

525 N. Wolfe Street

Baltimore, MD 21205-2110

Learn more about CAPABLE [HERE](#)

Not a subscriber? Subscribe [HERE](#)

Newsletter feedback? [bfitzek@jhu.edu](mailto:bfitzek@jhu.edu)

No longer want to receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

**Let's Get Social**

