



CAPABLE

NEWSLETTER

Empowering Updates and Insights

September - October 2024



CAPABLE *Futures* Summit Set for October 2. Registration Open.

On October 2, 2024, the Johns Hopkins School of Nursing (JHSON) will host “CAPABLE Futures,” a first-of-its-kind convening. Activities will be held at JHSON in Baltimore, MD. For those individuals not able to attend in-person, several sessions will be available virtually. (indicated with an asterisk below)

From 9 a.m. to 3:00 p.m., we will be joined by experts, beneficiaries, and supporters of the CAPABLE program, who will share their experiences, knowledge, and viewpoints about advancing CAPABLE and unlocking its adoption nationwide. We look forward to having you with us as we celebrate our accomplishments and learn about new transformational opportunities from different stakeholders.

AGENDA

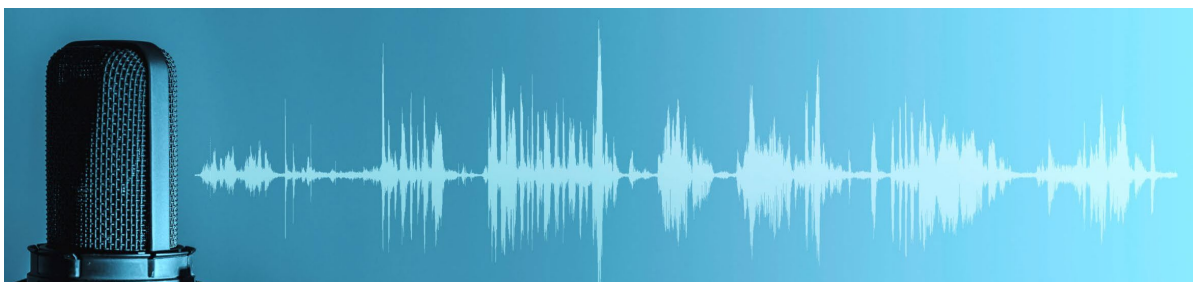
9:00 am	Breakfast
10:00 am	Opening Remarks *
10:20 am	Gallery Walk
11:00 am	National Level Framework Panel *
12:00 pm	Lunch and Learn
1:30 pm	State Level Operations Panel *
2:30 pm	Closing Remarks *
3:00 pm	Meeting Close

* virtual option



Please Register by Friday, September 20.

In the News



CAPABLE Explored on *Raise the Line* Podcast

Dr. Sarah Szanton recently joined the Raise the Line Podcast to talk about the effectiveness of the CAPABLE program in delivering health care to older adults at home so they can age in place and achieve the best possible quality of life.



Public Policy Institute
Inquiry. Analysis. Solutions.

AARP Mentions CAPABLE in National Plan on Aging

AARP's Public Policy Institute recently published *Aging Well in America*, AARP's vision for a national plan on aging. The initiative aims to drive the creation and implementation of a U.S. national plan on aging that enables all individuals to age with dignity and purpose—maintaining their health, financial resilience, and quality of life in age-friendly, livable communities with the necessary support systems. The report mentions CAPABLE as an evidence-based restorative care model that should be considered more widely.

READ MORE



ConsumerAffairs

Consumer Affairs Article on Aging in Place Features CAPABLE

Check out the latest Consumer Affairs article on aging-in-place, featuring the innovative CAPABLE program! Learn how it's helping older adults live independently and thrive in their homes.

READ MORE



In the Community



From Pilot to Permanence: The Path to Sustainable Health Solutions

In the field of occupational therapy, Dr. Pamela Toto is a notable specialist in implementation science and gerontology at the University of Pittsburgh. Her research interests bridge the gap between theory and practice, ensuring that evidence-based interventions reach those who need them most. "Implementation science is a rapidly growing and evolving area of research," explains Toto. "Its main goal is to increase the spread of evidence-based interventions and practices."

With a knack for transforming research into practical applications, Toto joined forces with another occupational therapist, Dr. Beth Fields, to imbed a CAPABLE program within a community organization. The study, funded under the National Rehabilitation Research & Training Center on Family Support through the **National Institute on Disability, Independent Living, and Rehabilitation Research**, also examined the best ways to include family and friend care partners within the existing CAPABLE framework. Because CAPABLE is a community-based program, it made sense to run the pilot with a home and community-based service agency. By partnering with a well-established community organization to deliver the programming, Drs. Fields and Toto believed it would increase the likelihood of the program continuing after the research concluded.

Toto explains that sustainability is crucial in implementation science. Establishing strong community partnerships is one way to foster a program's long-term viability. "Partnerships with local organizations, government agencies, and community stakeholders ensure that the program is well-supported and can adapt to the changing needs of the community," she explains. "Additionally, these collaborations help secure long-term funding and policy support, making health interventions more resilient over time."



To accomplish this, Toto and Fields approached leadership in the Allegheny County Area Agency on Aging (AAA) to better understand their current family caregiving support services and how CAPABLE could fit into their toolbelt. Before hitting the ground, the research team considered process and outcomes that would influence sustainability. "We asked ourselves, what does AAA need to justify putting CAPABLE into their budget," says Toto. "Then we could highlight those processes and outcomes that matter most to our community partners." Toto and Field's approach worked and AAA will be transitioning CAPABLE from the research project into their program offerings by the end of this year.

For sustainability, Toto recommends starting off slow. "We all want to make a big splash," she explains. "But gradually easing into a new program allows for careful assessment and adjustment, ensuring that the program can adapt to challenges and scale effectively." This deliberate pace helped build a strong foundation and fostered stakeholder engagement, enhancing the likelihood of sustainable outcomes. Toto adds that research tells us that change happens more efficiently when people can try things in small doses. If people can dabble, they are more likely to adopt long-term. This is part of implementation science.

“Incorporating sustainability into the planning phase of health interventions is crucial for ensuring their long-term success and impact,” she concludes. “By prioritizing sustainability from the beginning, the foundation is laid for enduring positive outcomes and effective resource utilization.”

Read the research [HERE](#)

A Beloved Handyworker Bids Farewell: Gary Felser's Retirement Celebration



A good time was had at the retirement party for Gary Felser, a CAPABLE handyworker and construction supervisor at Civic Works. Felser was featured in our newsletter earlier this year for his significant contributions to the CAPABLE program. **Happy retirement Gary.**



Dr. Deborah Paone Joins Falls Prevention Summit

Dr. Deborah Paone has been invited to serve as a Research Advisory Committee member for the Administration for Community Living (ACL) Innovation Lab at the Falls Prevention Summit. Hosted by the National Council on Aging, this summit will take place on September 9 & 10 in Arlington, VA, and aims to update the 2015 National Falls Prevention Action Plan by bringing together key stakeholders.

Paone's invitation is a recognition of her contributions to the field of implementation and dissemination science, particularly with evidence-based programs for older adults. For the past five years, she has been instrumental in assisting sites across the country in implementing the CAPABLE program. Her expertise and experience make her a valuable asset in the national effort to prevent falls among older adults, ensuring that evidence-based practices are effectively implemented and widely disseminated.

Events



Aging Policy Briefing Set for March 31 - April 1, 2025

This annual Aging Policy Briefing, set for March 31-April 1, 2025 in Washington D.C., is the only national event focused on federal policy from the AAA perspective. It's rich in educational content and up-to-the-minute policy news to get you up to speed on the latest legislative and policy issues before going to Capitol Hill to advocate for older adults and caregivers in your community.

LEARN MORE 

Resources

———— SEPTEMBER IS ————
HEALTHY AGING
———— MONTH ————

September is Healthy Aging Month. It is a time to pause, ponder, and consider the potential we have before us to take the concept of healthy aging to the next level. Healthy Aging Month is an annual observance designed to focus on the importance of healthy lifestyles and to promote activities that contribute to physical, mental, and emotional well-being for individuals as they age.

How to celebrate the month:

- The Office of Disease Prevention and Health Promotion and Trust for America's Health will be hosting the *National Healthy Aging Symposium: Innovation Across the Age-Friendly Ecosystem*. In observance of Healthy Aging Month, this no-cost virtual event will take place on September 26, 2024. The Symposium will explore successful innovations developed to improve older adult health and well-being. More information [HERE](#)
- 10 tips for Health Aging Month [HERE](#) at
- Explore creative ideas to commemorate this month [HERE](#)

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

No longer want to receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

Let's Get Social

