



CAPABLE

NEWSLETTER

Keeping our community connected

January - February 2023

In the News



Public Policy Institute
Inquiry. Analysis. Solutions.

AARP Public Policy Institute Highlights CAPABLE in Recent Reports

AARP recently released two reports spotlighting CAPABLE. These documents are part of the AARP Public Policy Institute's LTSS Choices initiative. This initiative includes a series of reports, blogs, videos, podcasts, and virtual gatherings that seeks to spark ideas for immediate, intermediate, and long-term options for transforming long-term services and supports (LTSS).

- The report, *CAPABLE: A Model of Empowering Older Adults to Remain Independent*, looks at CAPABLE's innovative model as one way to achieve broad LTSS reform.

Read more [HERE](#)

- In an AARP report entitled, *From Ideation to Standard Practice: Scaling Innovations in Long-Term Services and Supports*, CAPABLE was one of five promising LTSS innovations reviewed for factors predicting program diffusion and scaling.

Read more [HERE](#)

Research Roundup



UpToDate®

CAPABLE Cited in Prestigious Evidence-Based Clinical Resource

CAPABLE was recently cited in *UpToDate*, one of the most highly-used resources to help healthcare professionals make appropriate care decisions and drive better outcomes.

UpToDate is known for delivering evidence-based clinical decision support that is clear, actionable, and rich with real-world insights.

Read more [HERE](#)

In the Community

An Innovative Partnership Leads to New Beginnings

Giving back was instilled in Kiersten Kelley by her parents from a young age. Having a father who is a Presbyterian minister, the importance of social justice came with her upbringing. So, it was no surprise that she eventually landed at Habitat for Humanity (HFH). As a Home Repair Project Manager at HFH of Metro Denver, she is responsible for leading all aspects of their critical exterior home repair program and managing volunteers on work sites. But her skills do more than transform homes. They transform lives. In the summer of 2017, HFH Metro Denver was approached by Colorado Visiting Nurse Association (CVNA) who had received funding to support a pilot project to initiate the CAPABLE program. This was the beginning of a fruitful partnership. Approximately 60 clients were seen during the pilot project. As the pilot drew to a close, HFH International received funds to implement CAPABLE nationwide. Since the initial pilot, Kiersten estimates that HFH's Metro Denver CAPABLE partnership has reached more than 300 families.



In addition to mission alignment, Kiersten attributes the successful partnership with good communication. “My CVNA colleague Amanda Goodenow and I are in continual contact,” explains Kiersten. Our monthly calls help provide structure but in between we are checking in on smaller issues.” When asked how CAPABLE is different from her other HFH responsibilities,

Kiersten is quick to point how the main variance lies in how conversations with clients are approached. “CAPABLE clients are driving decisions,” she explains. “With CAPABLE, homeowners are treated as the experts.”

She concludes by noting the ripple effects of helping one person. She notes that CAPABLE not only helps that one person in the program, it helps countless family members and the community at large. “Giving doesn’t always mean money,” says Kiersten. “It’s connecting to make the world a better place.”



Welcome to the CAPABLE Family

CAPABLE warmly welcomes the following organizations to our family. These programs have either been granted permission to train or began training in the past six months.

- United Way, Long Island/Deer Park, NY. - 3/1/2022
- Montco Senior Adult Activities Center (SAAC) of Montgomery County, Norristown, PA - 8/1/2022
- North Dakota State University, ND - 8/1/2022
- Sanford Health, Sioux Falls, South Dakota - 8/15/2022
- PICF, San Fernando, CA - 8/19/2022
- Lewiston Housing, Lewiston, ME - 9/1/2022
- St. Luke Health Services, Oswego, NY - 9/21/2022
- Brother's Redevelopment, Inc, Denver, CO - 10/1/2022
- CVNA South Front Range 11/1/22
- Garrett County Community Action Committee, Western MD - 11/17/2022
- CVNA Northern Colorado 12/15/22

Resources



Introducing the CAPABLE Handy Person Office Hours

Currently CAPABLE Program Administrators, OTs, and RNs have routine “office hours” that provide participants with the opportunity to discuss common challenges and discover solutions from programs across the county.

Since CAPABLE requires a tri-discipline team, a learning/sharing opportunity for handy workers, also known as housing construction specialists, is being added. These one-hour meetings will be held quarterly beginning on the second Tuesday of January 2023. Each will be hosted by different construction specialists from across the country and facilitated by a National CAPABLE Center staff member.



Our first session will be Tuesday, January 10 at noon Eastern, 11 am Central, 10 am Mountain, and 9 am Pacific Time. Our facilitator will be Amanda Goodenow, OT. Our guest host will be Kiersten Kelley from Denver Metro Habitat for Humanity. Kiersten has managed the handy worker element of Colorado Visiting Nurse Association's CAPABLE program for 5 years. Kiersten will have a topic she will introduce for discussion as time allows – *“Learning curves for the handy person role in a new CAPABLE program.”*

This is primarily a Q&A session. If you have any questions you want addressed, please email in advance to: kkelly@habitatmetrodenver.org. General questions about these sessions can be directed to Amanda Goodenow at: GoodenowA@vnacolorado.org.

The zoom link is below for viewing or calling in. This session will be recorded and the recording sent to those unable to attend. Please share this new support program with your CAPABLE construction specialist/home repair partners.

Join Zoom meeting here:

[https://caresynergynetwork-org.zoom.us/j/86754892818?](https://caresynergynetwork-org.zoom.us/j/86754892818?pwd=Vmx3VUd4MTBVRkxML0c3OE4wdm1ZQT09)

[pwd=Vmx3VUd4MTBVRkxML0c3OE4wdm1ZQT09](https://caresynergynetwork-org.zoom.us/j/86754892818?pwd=Vmx3VUd4MTBVRkxML0c3OE4wdm1ZQT09)

Meeting ID: 867 5489 2818

Passcode: KW63+D&=

To dial in: 719 359 4580

Meeting ID: 867 5489 2818

Passcode: 50602153



Complete Your CAPABLE Implementation and Fidelity Survey

CAPABLE Administrators should have recently received an email with information on the annual CAPABLE Implementation and Fidelity Survey. A response is required for any site that was licensed to provide CAPABLE in 2022. If you have any questions regarding the survey, please email Dr. Deborah Paone at dpaone1@jhu.edu.



ACL Releases Annual Survey on Older Adults

The Administration for Community Living recently released its annual summary of statistics from the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics related to older adults in the U.S. The Profile illustrates the shifting demographics of Americans age 65 and older and includes information on population growth, marital status, living arrangements, income, employment, and health. This year's report includes a special section on family caregivers.

Read more [HERE](#)