



CAPABLE

NEWSLETTER

Keeping our community connected

July - August 2023

In the News



***CAPABLE Kids* Spotlited by Hopkins Children's Center**

CAPABLE Kids, an adapted version of the CAPABLE program, was recently highlighted in the Spring 2023 issue of *Hopkins Children's Magazine*. Dr. Rebecca Seltzer received an innovation grant to pilot test the adaption that focuses on optimizing the home environment for children with medical complexity and their families.

READ MORE



Research Roundup

CAPABLE is Focus of Meta-Analysis Study Showing Substantial Benefits

A study published in the journal *Age and Ageing* explores the efficacy of the CAPABLE program on disability among low-income older adults. Older adults who received the CAPABLE intervention experienced substantial improvements in activities of daily living, instrumental activities of daily living and quality of life.



Study Looks at Barriers and Facilitators of Implementing CAPABLE with Care Partner

A recently published study out of the University of Pittsburgh reports findings on key barriers and facilitators that may influence CAPABLE implementation with older adults and their care partners. This research adds to our understanding from the implementation side and provides important information that can be used to develop the CAPABLE Care Partner program.





St. David's Foundation Completes Two-Year Learning Collaborative

From 2021-2022, the Central Texas CAPABLE Collaborative, funded by St. David's Foundation, implemented CAPABLE at two sites: Meals on Wheels Central Texas and the Area Agency on Aging of the Capital Area. During this period, more than 100 people were served. The Collaborative recently completed an extensive evaluation of the program, examining in detail qualitative and quantitative information. Findings were consistent with other studies including improved performance in activities of daily living, reduced depressive symptoms, and increased self-confidence in ability to avoid a fall.



***NursingOpen* Editorial Focuses on CAPABLE and Aging in Place**

A recent editorial in the journal *NursingOpen* highlights CAPABLE as an effective program to address the rapid growth of Florida's aging population. The article reviews the challenges its implementation faces in Florida, such as funding and lack of awareness.

In the Community

CAPABLE Highlighted in OT Student Capstone Project

Madison Weinman (left), an occupational therapy student at the University of Kansas Medical Center, has been shadowing CAPABLE OT Kay Findlay (right), as part of her capstone project at the University of Kansas Medical Center. The final project included a poster presentation in May, where Madison shared insights gained from her experience. Congratulations Madison on completing your capstone.



Dawn Heiderscheidt Works on Multiple Fronts to Bring Greater Equity to Life

Dawn Heiderscheidt has worn many hats in her career—teacher, occupational therapist, small business owner. Each with the promise of making the world a better place. “When people think of making a difference, they often think of things like recycling or volunteering,” says Dawn, “But that’s missing something big, your career. Some careers give you the opportunity to make a larger social impact than others.”

Dawn began her journey as a High School Art Teacher in Philadelphia. During this time, she developed an innovative curriculum for a racially diverse student body. After several years, she returned to school to pursue a Master’s degree in Occupational Therapy. Dawn initially worked at a hospital participating in comprehensive discharge planning and individualized intervention plans. Eventually, she founded Aurora Independence, a home safety/home accessibility consulting company, offering home safety assessments, home modifications, and aging in place recommendations.

Dawn knew about the CAPABLE program through her home modifications and aging-in-place efforts. So, when the opportunity arose to bring CAPABLE to the Philadelphia area, she jumped on it. Dawn teamed up with *Hands from the Heart*, a non-medical home healthcare services organization. Starting as the lead OT and unofficial chief motivator, she helped to develop the process and systems to make it happen. “I run my own business so program development was an ideal extension of my skills,” she explains.

Dawn enjoys working with the CAPABLE program. “In traditional OT, you are often limited by the medical model, which is essentially what insurance covers,” she explains. With CAPABLE’s focus on self-efficacy, Dawn feels the approach is more holistic and really helps people to thrive.

Off with one hat, on with another. These days, in addition to running her own business, Dawn serves as both Administrator and OT for the CAPABLE Program. When she describes what she does for CAPABLE, you can feel the energy change, and her love for this work is obvious. “My



entire career has been about changing things to make them better and more equitable for people who have been systemically marginalized,” concludes Dawn. “That often means wearing more than one hat at a time.”

Resources



July is Disability Pride Month

Disability Pride Month is celebrated each year in July. Disability Pride initially started as a day of celebration in 1990—the year that the Americans with Disabilities Act (ADA) was signed into law. Since then, July has been marked as Disability Pride Month throughout the nation to commemorate the anniversary of the monumental law. With more than 61 million adults living with a disability in the U.S., CAPABLE is proud to provide a voice and advocate for increased access to quality, high-value, sustainable, equitable, and affordable health care for all.

Learn how you can celebrate Disability Pride Month.



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