



CAPABLE

NEWSLETTER

Keeping our community connected

March - April 2023

In the News



The Meteoric Rise of CAPABLE

Scaling the CAPABLE program doesn't drive itself. It requires focus and multidisciplinary skills. **Home Health Care News** recently highlighted Dr. Sarah Szanton and some of the strategies used to achieve such impressive spread throughout the U.S.

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Habitat for Humanity of Metro Denver Changing Lives with CAPABLE

Denver resident Della, age 89, has lived in her home for six decades. When her home recently needed urgent repairs, Habitat for Humanity of Metro Denver's CAPABLE team partnered with Della to install a new driveway, a porch handrail, locks, and outdoor lights. Thanks to their work, Della can



remain in her home safely and comfortably.

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Canada to Welcome CAPABLE

Yahoo Finance reported that the Nova Scotia province will be partnering with the CAPABLE National Center to implement CAPABLE to care for seniors in this Canadian province.

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Research Roundup

Aging Gracefully in Place: An Evaluation of the Capability of the CAPABLE Approach

Research published in the *Journal of Applied Gerontology* concluded that CAPABLE proved feasible for partner teams in four micropolitan and urban locations to implement. The program greatly improved both physical function and mental health outcomes, while also making homes safer, even 7 months after program completion. This shows further evidence that more widespread or even national

expansion of CAPABLE would yield strong societal benefits.

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A Pilot Randomized Controlled Trial of CAPABLE in Permanent Supportive Housing for Formerly Homeless Adults



A randomized controlled trial with permanent supportive housing (PSH) tenants was conducted to examine the impact of CAPABLE on basic and instrumental activities of daily living. The research, appearing in the *Journal of the American Geriatrics Society*, showed that CAPABLE can be successfully implemented in PSH to improve outcomes in a population that experiences significant health disparities and premature decline.

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Congratulations!

Congratulations to **Emerald Jenkins**, a DNP/PhD student who has been working with the CAPABLE Family Study Team over the past several years. Emerald successfully defended her dissertation “**Adapting CAPABLE as CAPABLE-Family for the Caregiver Care-Recipient Dyad with Alzheimer’s Disease and Related Dementias (ADRD) and Disability.**”



CAPABLE Family Update

Progress is being made in the *CAPABLE Family* Research Study that will provide a rich source of information to determine the viability to adapt CAPABLE for older adults with mild cognitive impairment and early stage dementia. The open-label pilot, in Baltimore, MD, served as an opportunity to test CAPABLE Family on a small set of participants. Recently, the open-label pilot concluded and the study team has compiled feedback from participant interviews and clinicians. This information was used to make adaptations from the open-label pilot for the randomized control trial.

Currently, the team is in the process of recruiting for the randomized control pilot. So far, a total of 17 older adults and 9 care partners have been enrolled, which is halfway towards the overall recruitment goal. Participants have started the CAPABLE Family study now and are receiving OT, RN, and handy worker.

If you live in Baltimore city or county and are interested in participating in the trial, contact us at 410-324-2511 or capablefamilystudy@jh.edu

In the Community

A Girl Scout Service Project Leads to a Lifetime of Helping Others

At 13 years old, most people don't know what they want to do with their lives. But for Suzanne Havrilla, a Girl Scout community service project would become a life-changing experience and put her on a lasting career trajectory.

"I was working on a merit badge and volunteering at a nursing home," Suzanne recalls. "I watched how physical therapists translated caring into a profession that helped others. My mind

was set. I was going to be a physical therapist.”

And she’s never looked back.

Suzanne started her career in hospital settings but eventually found her calling in home health. These days, Suzanne is a Baltimore-based physical therapist for Johns Hopkins Home Health Care. There, she oversaw the implementation, and now manages, the CAPABLE program.



“Practicing in a home care setting is an entirely different ballgame than a hospital,” asserts Suzanne. “No two homes are alike; no two families are alike. When you are working in someone’s home, you get the bigger picture. You meet the family. You see their wedding photo on the wall. And with this experience, you’re able to personalize the therapy to fit how clients’ function in their home environment.”

Suzanne admits she didn’t get it when she first heard about CAPABLE. What is the secret sauce she wondered? But it didn’t take long. After a couple visits, the light bulb went off. “There are a few unique components of CAPABLE that make the program work,” she explains. In home health,

typical treatment time is 40 days, a little over one month. Suzanne says this is not enough time to truly change behaviors. Science agrees. How long it takes a new behavior to form can vary widely depending on the person and circumstances. But research shows that on average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact.

Suzanne also points to CAPABLE’s client-centered approach. “The client is driving the bus, not the clinician,” she says. Suzanne admits that motivational interviewing doesn’t always come naturally to a clinician. “We’re trained in a very problem-solving mindset where the clinician determines the treatment plan. Individuals need expertise in wound care but not so much in function and quality of life,” she explains. “There, the client is the expert and motivational interviewing helps them realize that.”

Suzanne will soon be leaving the Monday thru Friday life behind as she prepares for retirement. Connecting with others from another generation, taking the time to listen to their stories, and making someone's day may make Suzanne's career one of the longest community service projects a Girl Scout has done.



Resources

April is National Occupational Therapy Month

Occupational Therapy Month is all about celebrating the meaningful difference that OTs bring to healthcare. CAPABLE OTs are making a difference in big ways to people's lives. So, let's celebrate and promote the importance of occupational therapy and pay a tribute to these superheroes who help people get back on their feet. Want some ideas on how to celebrate your CAPABLE OTs?

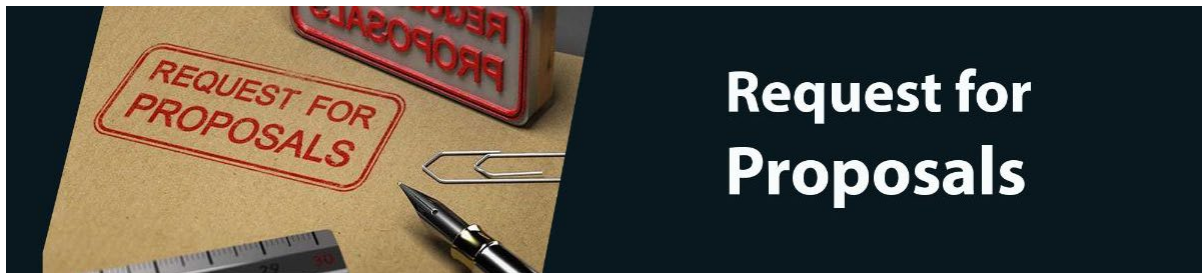
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New Home Modification Toolkit from the Fall Prevention Center of Excellence

The Fall Prevention Center of Excellence at the Leonard Davis School of Gerontology, University of Southern California has launched a new Home Modification Toolkit as part of a project funded by ACL to promote aging in place by enhancing access to home modifications. Resources in the toolkit include home modification data briefs, case studies, technical assistance briefs on partnerships and funding, fact sheets and videos tailored for diverse populations.

[VIEW TOOLKIT](#)



City of Chicago Issues CAPABLE RFP

The City of Chicago seeks proposals from qualified community-based health organizations including but not limited to hospitals, home health care providers, managed care organizations, federally qualified health centers, accountable care organizations, or non-profit organizations who have experience citywide managing and conducting health assessments, providing education, fall prevention, and coaching in community-based settings for older adults aged 60 and older.

- Dept of Family Support Services (DFSS) will collaborate with Department of Housing (DOH) Small Accessible Repairs for Seniors (SARFS) program to incorporate the CAPABLE program comprised of RNs and occupational therapists to provide enhanced guidance for installing enabling devices and home improvements for older adults to ensure homes are accessible.
- SARFS serves Chicago residents seniors 60 years and older
- City of Chicago eProcurement Solicitations started 2/2/23 and responses are due 3/16/23 at 12:00pm
- The program will enable older Chicagoans to remain at home and age in place safely for as long as possible.

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