



# CAPABLE

## NEWSLETTER

Keeping our community connected

May - June 2023

## On the Road



COLUMBIA

MAILMAN SCHOOL  
OF PUBLIC HEALTH

### **CAPABLE Spotlighted at Columbia University Seminar**

On April 11, the Columbia University Aging Center hosted CAPABLE Co-Developer Dr. Sarah Szanton. The theme for the virtual seminar was *novel models to improve function and independence in older adults*. Szanton used the CAPABLE model to illustrate the drivers and restrainers to equity and improved function in the current US system.

## Research Roundup

## Research Highlights CAPABLE as a Model to Replicate Internationally

CAPABLE was highlighted as a successful model of formal care in a *BMC Geriatrics* journal article looking at patterns of home care and community support preferences among older adults with disabilities in China.

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## Study Looks at CAPABLE Outcomes During Pandemic

A study published in the *Occupational Therapy Journal of Research* explores the implementation and impact of the St. Louis CAPABLE program during the COVID-19 pandemic. This study identified significant improvement in instrumental activities of daily living (IADLs) independence, readiness to change, self-reported health status, and depressive symptoms, and 11 significant correlations were found between age, implementation expenses, and functional outcomes.

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**In the Community**

## New Partnership Brings New Opportunities

After seven hours of back-to-back meetings, Amanda Goodenow does paperwork on a laptop while nibbling on a nutrition bar and eyeing the next day's schedule. Goodenow, who oversees CAPABLE strategic partnerships, has been running nonstop since last October when Care Synergy became the CAPABLE National Center. Fortunately, Goodenow is well positioned for these new responsibilities. She has been a CAPABLE OT for Care Synergy's affiliate Colorado Visiting Nurses Association (CVNA) since 2017. She also multi-tasked as clinician support for CVNA's CAPABLE program.



Amanda Goodenow (left) and Tricia Ford (right) discuss CAPABLE strategies to scale the program.

“The success of the partnership between Care Synergy and Johns Hopkins won't happen without a great deal of work, from strategy to due diligence to negotiations,” says Goodenow. “The signed partnership contract was a time to celebrate but also time to begin the next phase—integration of the program into our operations.” One of Care Synergy's first tasks was to develop a strategic plan.

A multi-function team with representation from operations, accounting, IT, human resources, legal and marketing was created to guide the process of combining two organization's wisdom to operate smoothly. This team, with members from both Care Synergy and Johns Hopkins, is responsible for developing an action plan with objectives,

timelines, initiatives and responsibilities. The group meets weekly to report back to each other and flag any issues or concerns that arise. In between those meetings, Goodenow meets with Tricia Ford, Care Synergy Senior VP of Operations.

Since the partnership began six-months ago, the team has many accomplishments under their belt. Goodenow and Ford have worked with multiple states to determine how best to roll out CAPABLE to their residents. Care Synergy began introducing regular Handy Person meetings to share successes and brainstorm challenges. They are in discussion with Habitat for Humanity International to implement the program in several states that have not yet implemented CAPABLE.

Recognizing that the program cannot scale without adequate funding, Goodenow and Ford spend much time in meetings with grantors, private insurers, and state Medicaid and Medicare offices to secure the funding to keep the program’s momentum growing. In addition to stateside, Goodnow has been exploring international expansion, working with both India and Canada to determine implementation strategies. “Our vision to be in every state doesn’t happen overnight,” says Goodenow. “But it can absolutely happen through thoughtful planning and execution.

Goodenow points out that she was trained as an OT, not a business manager so these new responsibilities stretch her skill toolkit. But she is quick to add that she is well positioned for this new position. “The two most important things when speaking with potential implementers is passion and intimate knowledge of the program. I have those covered.”

## Resources



### **Nurses Week is May 6 - 12**

Nurses perform some of the most essential tasks in the CAPABLE program. During National Nurses Week, we honor their contributions and sacrifices. To the CAPABLE nurses leading on the front lines and behind the scenes, we celebrate you for your dedication and passion! There are many ways to honor nurses as part of National Nurses Week. Thank them with a kindhearted note, a thoughtful gift, a fun video, or a lunch.

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OLDER  
AMERICANS  
MONTH



AGING UNBOUND: MAY 2023

## May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2023 theme is ***Aging Unbound***, which is an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included. Resources such as logos, posters, activity ideas and article templates are available online.

### VIEW RESOURCES

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