



CAPABLE

NEWSLETTER

Keeping our community connected

September - October 2023

In the News

Health Affairs

TOPICS

JOURNAL

BLOG

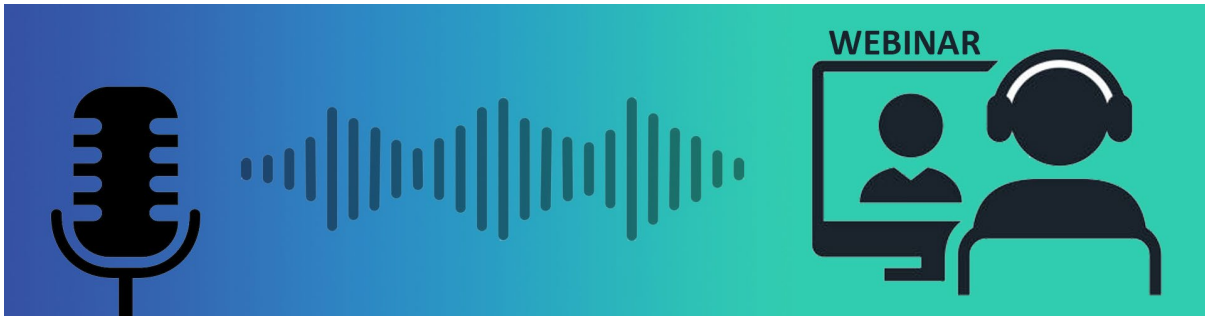


Health Affairs Blog Highlights CAPABLE as Promising Intervention for Medicare-Medicaid Dual Eligibility

With the sunset of current capitated Medicare-Medicaid programs approaching, states are faced with the pivotal task of designing future integrated models for dual eligible individuals. In a July 24 blog post, CAPABLE is spotlighted as a promising intervention, suitable for both older adults and younger individuals with disabilities. The program's ability to enhance health outcomes, especially for those with high social needs and functional limitations, makes it a potential cornerstone for integrated programs, showcasing notable cost savings across Medicare and Medicaid.

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CAPABLE Co-Developer Discusses Scaling CAPABLE

In a recent webinar, CAPABLE Co-Developer Dr. Sarah Szanton delves into the intricacies of scaling up the nationally acclaimed program, CAPABLE. With a focus on enhancing the quality of life for older adults, she candidly explores the challenges encountered during the expansion process, while also highlighting the remarkable successes achieved in bringing this impactful initiative to a wider audience. Her insights offer valuable lessons for those navigating the complex landscape of healthcare program scalability and underscore the potential for transformative change in elderly care.

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Empowering Futures: CAPABLE Program Finds New Horizons with CareSynergy



Dr. Sarah Szanton visits the new CAPABLE National Center to mark a significant milestone – the official handover of day-to-day operations to CareSynergy. This milestone marks a seamless transition towards greater impact and reach in improving older adults' lives. *Pictured from left: Tricia Ford, CareSynergy Senior VP of Operations; Sarah Szanton, CAPABLE Co-developer; Amanda Goodenow and Colleen Morton, CAPABLE Program Managers; and Gina Machado, CAPABLE Program RN.*

In the Community

Empowering Lives Through the Transformative Impact of Teaching in Occupational Therapy

In the world of healthcare, stories often unfold where passion meets purpose, steering individuals onto paths they may have never imagined. Such is the journey of Beth Murray, an Occupational Therapist (OT) with Cone Health in Greensboro, NC whose trajectory was shaped by an opportune encounter with the transformative impact of the OT field.

Initially aspiring to become a teacher, Beth's path took a turn when she joined her mother, a dedicated nurse, at an open house to learn about healthcare careers. Beth found herself drawn to the vocation of occupational therapy. What resonated deeply with Beth was the profound role OTs play in teaching and making a tangible difference in the lives of individuals. "Occupational therapists are really educators in action," explains Beth. "Teaching individuals not only how to perform daily tasks but also empowering them to live life to the fullest by fostering independence, adaptability, and the joy of accomplishment." This revelation set the course for a rewarding career as an OT.



In 2020, Beth embarked on a new chapter when her employer Cone Health began a demo project for the CAPABLE program, an initiative that aligns perfectly with Cone Health's tagline – *We're Right Here with You*. "As an OT working with patients in their homes, the program truly embodies Cone Health's approach to healthcare," says Beth. "Being a part of my patients' lives in their own environments allows me to provide care that's not just personalized, but deeply connected to their unique needs and goals. I can bring the healing touch of compassion and expertise directly to where they are."

Beth's journey with CAPABLE has been eye-opening. She has witnessed first-hand the transformative power of the program. One of the most gratifying aspects has been seeing the impact on quality outcomes. During the demo, depression scores showed significant improvement, showcasing Beth the profound influence of the holistic approach to well-being that CAPABLE offers. Beth also observed a notable enhancement in individuals' comfort levels with their daily routines and activities of daily living. She recalls a recent conversation with a participant who explained that every time a CAPABLE team member visited, the individual gained more confidence in her abilities. Following the successful demo project, the positive outcomes paved the way for the integration of the CAPABLE program into Cone Health's diverse array of impactful healthcare initiatives.

Beth Murray's journey exemplifies the potential for passion to lead to purpose and to foster change that ripples through the lives of those she touches. Beth's journey with CAPABLE showcases the transformative impact that the program has on individuals seeking to age gracefully and independently while embracing the richness of life.

Resources

SEPTEMBER IS HEALTHY AGING MONTH

Unlocking Wellness During Healthy Aging Month

Healthy Aging Month is in September, and we're here with activities, facts, and much more to help you celebrate the month in the best way possible. Did you know that it has been 30 years since Healthy Aging Month was celebrated for the first time? People celebrate this month by incorporating habits like exercise, eating healthy food, and getting enough sleep into their daily routines. It is also a day for encouraging others to stay active and take steps to improve physical and mental health.

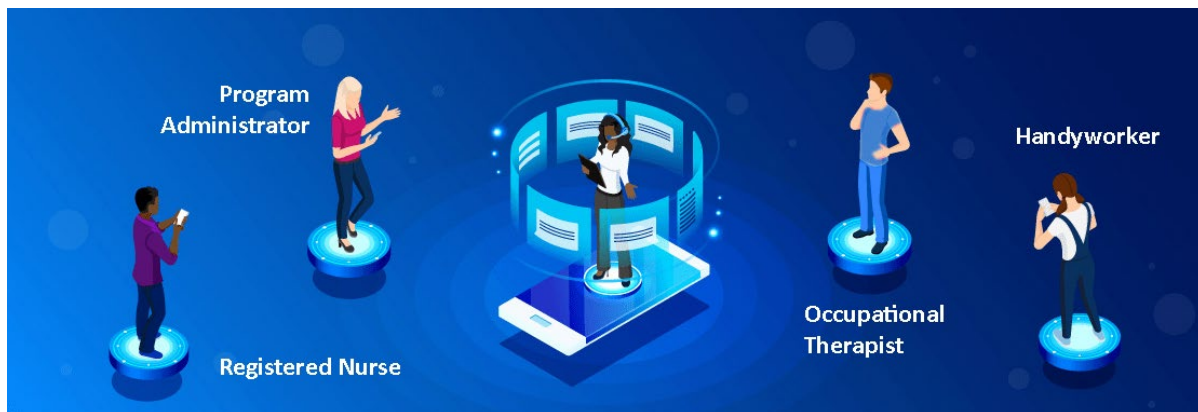
Here are fun tips for celebrating this month

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Download official Health Aging Month poster

DOWNLOAD



Beyond Boundaries: Office Hours Empower CAPABLE Staff

Participating in the monthly conference calls facilitated by the National Center proves to be a valuable experience for program administrators, nurses, and occupational therapists alike. These calls are a benefit for current CAPABLE sites to provide a unique platform for professionals from diverse sites to come together, share insights, and discuss the latest advancements in their respective fields. Through these collaborative discussions, participants can stay updated on program trends, exchange innovative ideas, and gain a deeper understanding of the challenges and solutions within their programs. If you work at a current CAPABLE site and would like more information on these calls, email us at CapableInfo@capablenationalcenter.org.

The schedule for these calls is:

- **Occupational Therapists:** 1st and 3rd Mondays 3-4 PM EST
- **Program Administrators:** 3rd Tuesdays 3-4 PM EST
- **Registered Nurses:** 2nd and 4th Wednesdays 3-4 PM EST
- **Handyworkers:** Quarterly 2nd Tuesdays 12-1 PM EST (Oct, Jan, Apr, Jul)

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