



CAPABLE

NEWSLETTER

Keeping our community connected

March - April 2024

In the News



Nova Scotia Brings CAPABLE Program to Canada

A new pilot program for CAPABLE, the first of its kind in Canada, will soon help seniors in the Preston area, Kings County and on the Halifax peninsula live more independently in their homes. The CAPABLE pilot will be delivered by VON Nova Scotia, which will work with community organizations to identify and refer local seniors. Three hundred seniors – 100 in each area – will be able to enroll in the pilot.

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CAPABLE Spotlighted at Minnesota State Legislative Task Force on Aging

The Director of Implementation and Evaluation at CAPABLE, Dr. Deborah Paone, was recently invited to speak before the Minnesota Legislative Task Force on Aging. In 2023, legislators established the Task Force to review and develop state resources for an aging demographic, including identifying necessary support for an aging population through statewide and local endeavors for people to remain in their communities.

WATCH NOW



In the Community



Weaving Past and Present

Dr. Deborah Paone has served as CAPABLE's Director of Implementation and Evaluation for five years, but her journey in addressing health and social issues of older adults began decades earlier. As a freshman entering college, Paone realized her grandparents had health issues that were not fully addressed by the current system. This awareness brought clarity to her life's purpose. *To change health and aging services in the United States so that it served the person and their family.*

Determination and purpose were threads which have continued for 40+ years. Through educational, professional, and personal experiences, each thread builds stronger cloth; each

adds insight about next steps. Deborah champions innovation toward creating better systems of care to integrate across settings, disciplines, and policy. “This is imperative” she says, “we must link policy, practice and payment—they all impact the person.”

Paone has guided operational and academic-based teams. She directed a division of a national trade association and wrote testimony, reviewed legislation, commented on regulations. As a research consultant, she helped design and evaluate innovative models of care. As Executive Director of a community nonprofit she built the capacity and infrastructure to sustain programs serving 500+ older adults and caregivers annually. She’s worked with physicians, nurses, care coordinators, therapists, social workers. Whether wearing the hat of researcher, policymaker, administrator, or consultant, Paone picks up a new thread each time. She attributes her effectiveness to listening and learning from these diverse settings and individuals. “I’ve seen healthcare from many angles—from the executive boardroom to halls of Congress, to the humble home,” Paone explains.



Paone learned about CAPABLE in 2017. She called the program’s codeveloper Dr. Sarah Szanton. “I was working with managed care organizations examining programs to improve function,” she says, “but there was no technical assistance center.” Szanton recognized the need for a national implementation effort. With funding from the Rita and Alex Hillman foundation, Szanton hired Paone as a consultant to build that technical support. “I felt like it was almost divine intervention that brought us together. “I had experience and knowledge and I’ve walked in the shoes of both the administrator and researcher to demonstrate effect,” says Paone. “CAPABLE sites need both.”

Paone has been a driving force in CAPABLE’s expansion. She weaves threads toward making the program sustainable. “We need policy and payment to catch up with this innovative practice,” she says. When asked if her grandparents knew what an influence they were in her career, she smiles reflectively. “My professional journey isn’t just a career narrative,” concludes Paone, “It’s really a love story to my grandparents. They inspire me to work toward whole cloth. I see my life’s work as part of their legacy.”

Research Roundup



Closing Notes: CAPABLE Family Study Highlights

Since November 2022, the CAPABLE Family Research Study has been adapting CAPABLE for older adults with mild cognitive impairment and early-stage dementia. The study enrolled 25 couples and 9 older adults without a care partner. Participants are currently in the process of completing their final data collection visits. As of now, 26 people have successfully completed the CAPABLE Family program. The study is projected to be fully complete by mid-April 2024. Analyses of data will follow. The team is currently working on planning out dissemination efforts based on study findings.

Resources



Scaling Up Health: Crafting the Blueprint for Expansion

In pursuit of scalability, CAPABLE has devised a comprehensive state and federal strategy. This initiative includes the development of a guide aimed at assisting states and their stakeholders in effectively implementing CAPABLE into their services for older adults. With a focus on reducing falls, minimizing nursing home admissions, promoting aging in place, and bridging health and housing support, this innovative approach offers unique opportunities for enhancing community health. By highlighting the pivotal role of states in fostering Age-Friendly Communities, CAPABLE underscores the significance of its mission and aims to propel widespread dissemination of the program.

[**DOWNLOAD**](#)

April is National Occupational Therapy Month

Every April, we celebrate Occupational Therapy Month to honor the vital profession and the meaningful differences it makes in the lives of our clients. We are pleased to take this opportunity to recognize the CAPABLE occupational therapists across our network who are making a difference in the lives of older adults and their families. With their help, our clients are learning to improve their management of activities of daily living. Ready to start celebrating your OT? Here are some ways you can spread the word that occupational therapy is changing lives.

Want more activity ideas for the month?

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Download OT Month graphics

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Our mailing address is:

CAPABLE

Johns Hopkins School of Nursing

525 N. Wolfe Street

Baltimore, MD 21205-2110

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Newsletter feedback? bfitzek@jhu.edu

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