



# CAPABLE

## NEWSLETTER

*Keeping our community connected*

**January - February 2024**

## In the Community

### RN Office Hours



#### **RN Office Hours: Fostering Community and Excellence in CAPABLE Program Implementation**

Amy Eschbach and Stephanie Houghton-Bowman, both with a rich background in the CAPABLE program, recently took the leadership reins of CAPABLE's RN Office Hours. This bi-monthly online gathering serves as a vital forum for RNs to connect, share experiences, and rejuvenate their practice. Stephanie considers these Office Hours crucial, providing a safe space for practitioners to discuss challenges, celebrate successes, and reinforce the delivery of the CAPABLE program.

Stephanie emphasizes the importance of creating a sense of community, allowing nurses to seek advice and openly discuss unique challenges encountered in delivering the CAPABLE program, stating, "The magic of RN Office Hours lies in its ability to cultivate camaraderie among our nurses." With a mix of seasoned practitioners and those new to the field, the meetings become a melting pot of perspectives, offering a variety of insights.

The latest session focused on establishing rapport and offering tips for client orientation to CAPABLE. The collaborative environment resulted in a sharing of solutions, enriching the collective knowledge of participants. Stephanie notes, "These discussions ensure that everyone involved is on the same page and contributes to the continuous improvement of the program."

One of the significant challenges faced by CAPABLE RNs is the inherent nature of working somewhat independently. Office Hours addresses this by providing a sense of community and allowing nurses to delve into deep conversations about their experiences. Stephanie acknowledges that the uniqueness of the CAPABLE RN role, where the client is the expert, challenges traditional healthcare norms. The discussions during Office Hours often serve as a compass, guiding RNs through this distinctive approach.

Stephanie explains that RN Office Hours are far from rushed; they are intentionally designed to offer nurses the opportunity for profound conversations. This deliberate approach allows for a thorough exploration of topics, ensuring that participants leave each session with valuable insights.

## In the News



### Central Region States Seeking to Boost Home Care Options

In a December AARP Bulletin, the spotlight fell on CAPABLE as a promising initiative to address the increasing need for home- and community-based services amid the swiftly aging population in the United States.

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### How Northeast States Are Expanding Home Care

The December AARP Bulletin mentions CAPABLE as one innovation that is helping northeast states meet the demand of America's growing older adults. The article highlights the CAPABLE program offered through St. Luke Health Services in Oswego, NY.

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# HOME SWEET HOME

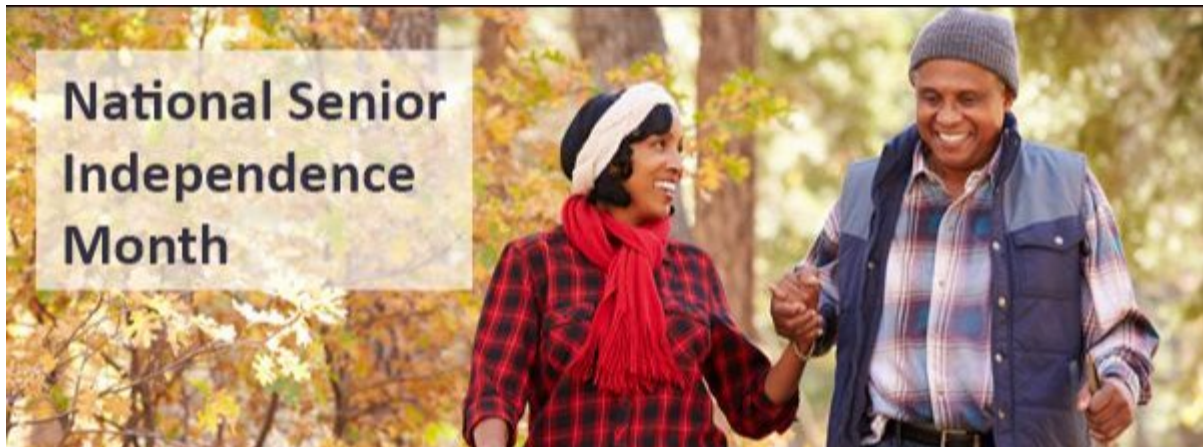
## Community Elderly Support: Home Sweet Home

A recent article in *Public Health Post*, a daily publication on population health, delves into CAPABLE as a model to help the 14.7 million older adults living alone at home to remain at home longer. The author asserts that CAPABLE provides an important vision of the future for vulnerable populations.

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## Resources



## February is National Senior Independence Month

While many people may be aware that May is designated as *Older Americans Month*, far fewer know that February also celebrates older Americans. Every February, the nation celebrates Senior Independence Month to support dignified and full lives for each senior member in our community. Despite the natural inclination to rely more on others as we age, there are many organizations and programs that can empower individuals to maintain a level of independence. What does independence mean to you? The answer may well depend on your age and life circumstances but here are a few ideas:

### Declutter

An organized environment is great for both body and soul! Clear, well-lit walkways in the home

help decrease the risk of trips and falls, while keeping necessary items like cell phones close at hand and readily accessible is vital in the event of an emergency.

### Upgrade

A little preventive maintenance can be a lifesaver. Have banisters on stairs and railings on decks checked for looseness. Light up dark hallways and closets with motion-sensor lights to prevent falls. Installing grab bars in the bathroom is a great idea as well, provided they are installed before they're needed. A little foresight goes a long way!

### Get Tech Savvy

A cellphone or computer can literally be a lifesaver. Set up with speed-dial for favorite contacts or show a senior how to embrace technology. it's a senior's link to the world.

Want more ideas of activities for the month?



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