



# CAPABLE promotes older adults' ability to age in their homes & communities

## THE CHALLENGE

**Home is where health is.** People with functional limitations and chronic conditions are almost four times more likely than the general population to be among the 5 percent costliest users of health services. And yet function is rarely addressed in medical visits.



## THE SOLUTION

CAPABLE addresses both function and cost. The approach teams a nurse, an occupational therapist and a handy worker to address the home environment and uses the **strengths of the older adults themselves** to improve safety and independence.

On-demand training with home simulations and implementation support is available so that any organization can provide CAPABLE. Our team of experts can design evaluation tools to gauge the program's effectiveness across criteria such as quality of life, cost savings or health outcomes that matter to the older adult and the organization.

### For additional information, contact:

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Nurse



Occupational  
Therapist



Handy Worker

### CAPABLE IMPROVES HEALTH OUTCOMES AT LOWER COSTS<sup>1</sup>: 7x RETURN ON INVESTMENT

Roughly, \$3,000 in program costs yielded approximately \$22,000 in medical cost savings.

### HALVES DIFFICULTIES IN FUNCTION

Participants had difficulty with an average of 4.0 out of 8.0 Activities of Daily Living (ADLs) at baseline, compared to 1.6 after five months.

### REDUCES SYMPTOMS OF DEPRESSION

Symptoms of depression, as well as the ability to grocery shop and manage medications also improved.

### IMPROVES ENGAGEMENT AND SELF-CONFIDENCE

The change in physical environment further motivates participants. Addressing both the person and the environment in which they live allows the person to thrive.

<sup>1</sup> In a randomized control trial with 300 low income adults who had difficulty performing ADLs such as bathing, dressing, and walking.