



Visiting Nurse Health System Launches CAPABLE Program An Evidence-Based Program Developed by Johns Hopkins School of Nursing

Visiting Nurse Health System has launched the CAPABLE (Community Aging in Place Advancing Better Living for Elders) program. In partnership with Habitat for Humanity to bring access to care for the most vulnerable aging patients in our community, this program is an evidence-based program designed for aging adults 50+ with functional limitations. Developed by Johns Hopkins School of Nursing who identified that people with functional limitations and chronic conditions are four times more likely than the general population to be among the five percent costliest users of health services. And yet, during outpatient medical visits a patient's function at home is rarely addressed.

The program is delivered in participants home during ten visits and over four-months. The aging person collaborates with an occupational therapist, a registered nurse, and a handy worker to set goals and develop plans that improve health, independence, and safety living at home. Participants learn new skills, exercises, and how to work with additional equipment and home modifications to improve function and safety. CAPABLE research has proven long-term impact and behavioral change. The program addresses both participants' function and healthcare expenses.

CAPABLE has been shown to decrease hospitalization stays by improving medication management, problem-solving ability, strength, balance, mobility, nutrition, and home safety. Johns Hopkins School of Nursing discovered CAPABLE delivers a six-to-seven times return on investment due to a reduction in inpatient and outpatient expenditures. In addition, they discovered 74.8% of participants had improved physical function, 77.6% had improved motivation, and 52.9% had reduced symptoms of depression.

Learn how a senior living alone and with advanced arthritis and lung disease improved her quality of life: Ms. Brown had one goal to have less pain while enjoying playing her piano. The Occupational Therapist (OT) identified the medically necessary changes to the home. The handy worker added a lamp with a handle so the participant can operate the light herself and read her music. He also constructed a higher bench to prevent back pain when playing the piano. The OT recommended a back brace and compression gloves to decrease pain. The nurse made home visits for training in medication management for Ms. Brown's arthritis and lung disease. The CAPABLE team achieved the goal of less pain, and the patient said the single best thing about the program was the collaboration and being able to remain independent.

To learn how you can support underserved aging patients through CAPABLE, please contact Sue.Carpenter@vnhs.org or 404-949-3395.