



Community Aging in Place—Advancing Better Living for Elders (CAPABLE)

THE CHALLENGE

Most senior adults prefer to remain in their home as they age. However, their inability to take care of their basic needs like preparing their own meals or going to the bathroom or dressing themselves often means admission to a long-term care facility, which compromises the individual's dignity and costs them, or taxpayers, thousands of dollars a month.

THE SOLUTION

Community Aging in Place—Advancing Better Living for Elders (**CAPABLE**) is a low-cost program enabling seniors—particularly low-income urban men and women of color—to remain at home, remain functional, and remain safe. A registered nurse and an occupational therapist work with each participant to identify their physical and functional limitations and establish individualized self-care goals. A licensed handyman is funded to ensure the functionality and safety of the home environment.

PROGRAM COMPONENTS

- ▲ Training Workshop, held quarterly at Johns Hopkins, in Baltimore, or by special arrangement at your institution;

WORKSHOP INCLUDES:

- Four e-learning modules for OTs and RNs
- Training materials
- Follow-up telephone support

PROGRAM OUTCOMES

- ▲ Combining environmental and personal supports, older adults can cut their disability in half and decrease depressive symptoms by as much as antidepressants can.
- ▲ Results from a 2012-2015 demonstration project showed a 3x return on investment, a 2x improvement in functionality and symptoms of depression and the ability to shop and manage medications also improved.

ABOUT THE INNOVATOR

While making house calls as a nurse practitioner to homebound, low-income older adults in West Baltimore, Sarah L. Szanton, Ph.D., A.N.P., noticed that their environmental challenges were often

“CAPABLE gave me my independence back. I no longer have to ask permission to take a bath or have the army help me get out on my front porch. I can do it myself which makes me feel like a grown up again! It’s better than winning the lottery!”

—74-year-old study participant

as pressing as their health challenges. This inspired her to explore ways to make it possible for low-income older adults to live in their own homes for a longer period of time. Her “aha” moment came when she realized the potential impact home maintenance could have on health. And she developed CAPABLE. When she’s not investigating ways to help older adults “age in place”, Sarah mentors and teaches future nurse researchers as a Professor and the Director of the PhD program at the Johns Hopkins School of Nursing.

WHY CHOOSE A JOHNS HOPKINS SOLUTION?

Since 1889, Johns Hopkins has led the way in both biomedical discovery and patient and population care. Faculty research most often leads to innovative protocols, programs and services, establishing the standard by which others follow and build upon.

Our goal: make these innovations available beyond our walls to improve the health outcomes of individuals and populations—within our community and throughout the world.