

HOME = HEALTH



People with chronic conditions who have difficulty with everyday activities are the costliest users of health services. Research also indicates that older adults who remain in their homes tend to feel better and make fewer visits to medical providers.

This is where CAPABLE comes in. CAPABLE helps older adults live better in their homes and communities by addressing function, independence, and cost.

How CAPABLE Works

CAPABLE, a five-month program, teams an occupational therapist, a nurse, and a handy worker to address the health needs of the older adult and modify his or her home environment. The program emphasizes the strengths of the older adults themselves to help them set goals and improve safety and independence.

Who Uses CAPABLE

For every 1,000 adults over the age of 65, roughly 250 are a good match for CAPABLE. Where the program has been implemented, it is having a significant effect on communities — and the impact is growing. Successful adopters include health systems, housing organizations, and community-based groups.



Training and assistance are available:

Johns Hopkins provides extensive online training, a CAPABLE Implementation Manual, sample documents and evaluation guides, and access to peers.



CAPABLE Gets Results



CAPABLE reduces ADL scores by 50 percent

After five months in the program, participants lowered their scores on Activities of Daily Living (ADL) assessments from 4.0 out of 8.0 to just 1.6 out of 8.0.



CAPABLE reduces depressive symptoms

Overall, participants are better able to manage depressive symptoms.



CAPABLE improves health outcomes at lower costs¹

The medical cost savings for a single participant over two years (\$22,000) are seven times more than the program costs to implement for that participant (\$3,000).

¹ Ruiz, S., Snyder, L. P., Rotondo, C., Cross-Barnet, C., Colligan, E. M., & Giuriceo, K. (2017). Innovative Home Visit Models Associated With Reductions In Costs, Hospitalizations, And Emergency Department Use. *Health Affairs*, 36(3), 425-432.



For additional information:

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