CAPABLE: promoting independence and time in community

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Older Adults with functional limitations Drive Population Health Outcomes
Addressing Disability, Fostering Function

• Treating the whole person
• Modifying the environment
• Best fit
CAPABLE: Key Aspects

- 4-month duration
- Nurse, OT
- Handyperson,
- Total Cost: $2,825-$4,000
- ADLs and IADL
- OT: 6 visits
- RN: 4 visits
- Handyperson: $1300 budget

ADL=activities of daily living
IADL=instrumental activities of daily living
CAPABLE: Approach

Older adult is the expert

Clinicians support older adult goals

• Increased physical function
• Reduced depression
• Fewer hospitalization and nursing home admissions
CAPABLE Program

MONTH 1
MONTH 2
MONTH 3
MONTH 4
35 Implementation Sites, 18 states
Changes from Baseline to Follow-up in Activities of Daily Living Limitations and Instrumental Activities of Daily Living Limitations

ADL LIMITATIONS

- Improve: 74.8%
- Stay the Same: 15.4%
- Worsen: 9.8%

IADL LIMITATIONS

- Improve: 65.0%
- Stay the Same: 22.2%
- Worsen: 12.8%
We can reduce costs by up to one-third.

* Ruiz et al., Health Affairs, 2017
Program Satisfaction: CAPABLE v. Attention Group after Participation

Szanton et al JAMA Internal Medicine, 2019
If I had 10,000 tongues...

“If I had 10,000 tongues and they could all speak at the same time, I could not praise the CAPABLE program enough.”
Health Concerns

• Asthma, diabetes mellitus, hypertension, arthritis
• Breathless
• Limited ADLs, couldn’t walk up steps, or outside house

CAPABLE Solution

• Connected with primary care provider for long-acting inhalers
• Switched from ibuprofen to acetaminophen
• CAPABLE exercises
• Easier to take a bath → decreased pain
• Super ear
• Railings, repaired linoleum floor
Why This Works

• Boost person-environment fit
• Unleash people’s motivation
• Honor their strengths and goals
• Provide resources to achieve those goals
• Build self-efficacy for new challenges
Function: It’s What We Do

• Poor function is costly.
• It’s what older adults care about.
• It’s virtually ignored in medical care.
• It can be modified.
Summary: Why adopt CAPABLE now?

• The number of older adults with disabilities living at home is growing.
• We can:
  • Identify whose costs will increase.
  • Intervene to prevent much of that increase, sharing the savings with the payer while supporting the client at home.
  • Help payers get ahead of the curve on physical function.

Best Practices for Developing and Testing Risk Adjustment Models
Early adopters and endorsements

PTAC Backs Model Aimed at Better Living for Seniors
— CAPABLE intervention focuses on better "functional ability" for older adults with chronic conditions

by Shannon Firth, Washington Correspondent, MedPage Today  June 17, 2019

Biden, 7/21/20: “A pilot program now in 27 cities, in 16 states where a nurse, an occupational therapist and a handyman come to the home that’s caring for an aging family member...It initially found that about $3,000 in program costs yield more than $20,000 in saving to the government from hospitalization for other reasons. Simple steps to save lives, save money, and provide critical peace of mind.”
QUESTIONS & DISCUSSION
Select CAPABLE References


Contact

New Site Development

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- New site exploration
- Early funding, partnership, and outreach development

Site Implementation

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- Site Implementation Activities
- Partnership development
- Recruitment
- Marketing & Outreach
- Evaluation Metrics
- Sustainability Planning

Clinical Training

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Research & Media

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- New site development
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