Program Synopsis

General description of program: CAPABLE is a five-month structured program delivered at home to community dwelling older adults to decrease fall risk, improve safe mobility, and improve ability to safely accomplish daily functional tasks. CAPABLE is delivered by an occupational therapist, who makes six visits to each participant; a nurse, who makes four visits; and a handyman, who contributes up to a full day’s work—providing home repairs, installing assistive devices, and making home modifications. Participants work with the therapist and nurse to identify three achievable goals per discipline, examine the barriers to achieving those goals, and make action plans, supported by changes to the home and medication environment, to achieve those goals.

- Program goal

  The goals of the CAPABLE Program are to decrease fall risk by enhancing older adults’ ability to achieve their own daily functional goals. The program is tailored to these goals and includes fall reduction efforts, such as reducing medications that make older adults dizzy, fixing trip hazards in the home, and improving core strength.

- Reasoning behind the program design and elements

  The program elements are designed to decrease the gap between what a person can do and what the home environment requires of them. This entails working both with the participant and with the home environment, to decrease this gap. Through this dual emphasis, CAPABLE is able to tackle all evidence-based fall guideline recommendations, not relying on individual exercise as the only fall prevention method, but also minimizing hazards in the environment, screening for low and poor contrast vision, reviewing medications for fall risk, decreasing fall risk during ADLs by making them safer and easier to accomplish, installing
lighting and second bannisters on stairs. These are accomplished by the participant working with the OT, the RN and the Handyman. Together, these three disciplines support the older adult to be as mobile and safe as possible.

- **Target population:**
  Older adults who have at least one Activity of Daily Living difficulty, such as difficulty bathing, dressing, walking across a small room or getting off/onto the toilet, who are cognitively able to identify goals.

Essential program components and activities:

- **Six Occupational Therapist visits; four Nurse visits; up to a day of home repairs, modifications, and installation of assistive devices by a Handyman.**
- **Length/Timeframe of program:** 4-5 months.
- **Recommended class size:** Home based, 1:1.
- **Desired outcomes:** Decrease in fall risk and improved independence through safer and more efficient ADLs.
- **Measures and evaluation activities:** ADLs, IADLS, falls efficacy, depressive symptoms.

**Health Outcomes and Evidence Supporting Health Outcomes**

**Program Costs**
**Most of the costs are staff costs (the RN, the OT and the Handyman)**

- Interventionist training time
- In-home visit duration
- Travel time
- Supervisory meetings
- Visit preparation time
- Care coordination time between OT, RN and Handyman

**Non-staff time include**

- Supplies and labor for home modifications, repairs, and installation of assistive devices
- Program materials
- Mileage reimbursement for clinicians
Program Savings (if available)

- According to Ruiz et al, Health Affairs 2017, CAPABLE saves on average, in relation to comparison group, $2,765 per quarter, which translates into more than $10,000 in cost-savings per year for Medicare for at least two years.

- CAPABLE only costs $2,825, which is all-inclusive price for all patient visits as well as home repairs and modifications. Additionally, the CAPABLE Program has significantly decreased inpatient and outpatient costs, reduced readmissions, and was linked to fewer observation stays.

Resource Requirements

- Facility – no requirements. CAPABLE is delivered in the home or apartment setting.

- Equipment and materials: individualized to the participant. May include items like bannisters, tub benches, stair lighting.

Training Requirements:

- 6 online modules for the CAPABLE RNs and OTs
- 8 hours of training through Skype or other distance technology
- Follow-up support calls or monthly webinars
- Users group for support available

References – Selected publications


Szanton, S.L. Thorpe, R.J., Boyd, C., Tanner, E.K., Leff, B., Agree, E., Xue, Q.L., Allen,