



CAPABLE Improves Outcomes for Patients

In a population of low-income older adult participants, 75% improved their self-care over five months.

- The number of self-care tasks that were difficult were halved
- Depressive symptoms were decreased
- Preliminary results suggest that CAPABLE cuts inpatient costs by 34%



Connections Area Agency on Aging and Iowa Department on Aging



CAPABLE PROGRAM

Purpose:

The CAPABLE program helps older adults function safely in their homes.

Teams comprised of an Occupational Therapist (OT), a Registered Nurse (RN) and a Handyperson help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs.

Services:

The CAPABLE program involves up to:

- 6 home visits by OT
- 4 home visits by RN
- Minor home repair, modification and assistive devices



To make a referral:

**Call Connections
1-800-432-9209**

Who is Eligible:

- 60 years of age or older and living in the community
- Experience difficulty with at least one activity of daily living
- Are cognitively intact
- Are NOT actively receiving treatment for advanced cancer
- Are NOT on hospice care
- Are a resident of Cass, Mills or Pottawattamie counties. Other counties will be included as staff is available

***CAPABLE services start after Home Health services have ended**