Making affordable housing accessible
‘Community Aging in Place—Advancing Better Living for Elders (CAPABLE) study’"

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Mrs. B and accessibility
Her Hazardous floor
Relative Risk of Being in the Top 5% of Health Care Spenders, 2006

Exhibit 13: Relative Risk of Being in the Top 5% of Health Care Spenders by Selected Groups, 2006

Relative Risk

- Everyone: 1
- No Functional Limitation & No Chronic: 0.2
- Chronic Only: 0.8
- Functional Limitation Only: 0.8
- 1+ Chronic: 1.8
- 2+ Chronic: 2.7
- 3+ Chronic: 3.6
- Chronic and Functional Limitation: 4.3
- Received Help with ADL/IADL: 6.1
- Received Help with ADL/IADL and 1+ Chronic: 7.1
- Received Help with ADL/IADL and 2+ Chronic: 7.7

Relative Probability for General Population: 1

Source: "LevinGroup" analysis of 2006 Medical Expenditures Panel Survey, 2009
CAPABLE

- Focused on individual strengths and deficits and goals in self-care (ADLs and IADL)
- Client-directed as opposed to client-centered
- Handyman, Nurse and Occupational Therapist
- OT: 6 visits, RN: 4 visits, Handyman: $1300 budget over 4 months
Before

After
Number of ADL Difficulties at Baseline and 5 Months for Completed CMS Participants (n=225)
Exhibit 1. Changes from Baseline to Follow-up in Activities of Daily Living Limitations and Instrumental Activities of Daily Living Limitations

**ADL Limitations**
- 74.8% Improve
- 15.4% Stay the Same
- 9.8% Worsen

**IADL Limitations**
- 65.0% Improve
- 22.2% Stay the Same
- 12.8% Worsen

By Sarah L. Szanton, Bruce Leff, Jennifer L. Wolff, Laken Roberts, and Laura N. Gittlin

**AGING & HEALTH**

Home-Based Care Program Reduces Disability And Promotes Aging In Place
Decreasing Depressive Symptoms

PHQ-9 Scores at Baseline and 5 Months for Completed CMS Participants with Baseline Score ≥ 5 (n=118)
Exhibit 2. Changes from Baseline to Follow-up in Depressive Symptoms and Home Hazards

**Depressive symptoms**
- Improve: 52.9%
- Stay the Same: 16.5%
- Worsen: 30.6%

**Home Hazards**
- Improve: 77.6%
- Stay the Same: 12.2%
- Worsen: 10.2%
MRS. D.

- Confused, over medicated
- 30 minutes to walk to the bathroom
- Sat on commode all day as a chair
- CAPABLE: Med schedule, chair along hall, chair at top of stairs, railing on both sides, bed risers, wider commode
Mrs. H.

- Asthma, DM, HTN, Arthritis
- Breathless – limited ADLs, couldn’t walk up steps, or outside house

CAPABLE:
- Connected with PCP for long acting inhalers
- Switched from Aleve to Tylenol
- CAPABLE exercises
- Easier to take a bath → decreased pain
- Super ear
- Railings, repaired linoleum floor
Addressing Function

• Poor function is costly
• It’s what older adults care about
• It’s virtually ignored in medical care
• Modifiable
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.”
PAYOR POSSESSIONS

• CMS committed to scaling if meets Triple Aim
• Accountable Care Organizations
• Medicare Advantage
• PACE
• Medicaid waivers
• Maryland Hospital Waiver
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Questions and discussion