

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

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[@CAPABLEAging](#)

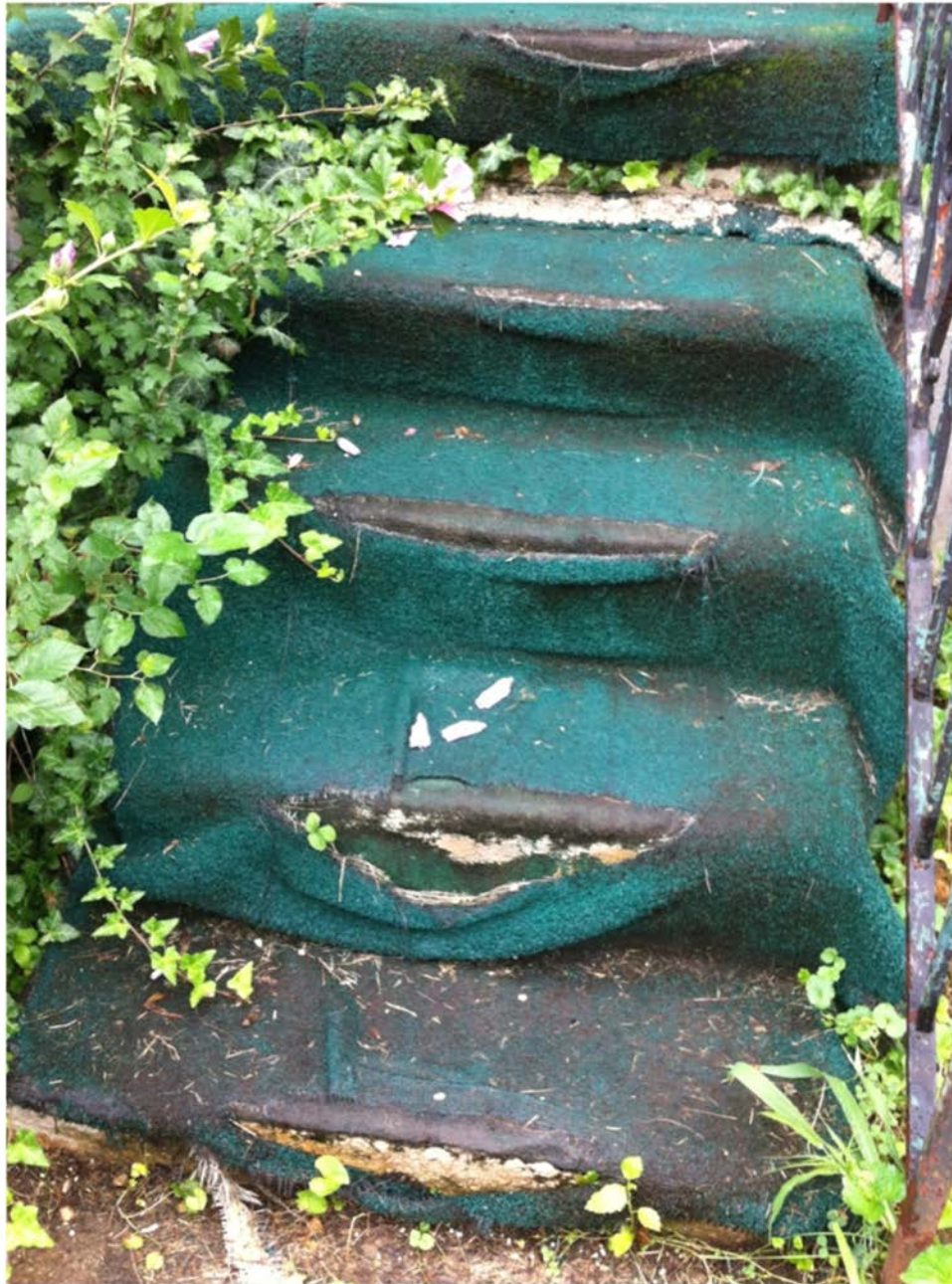
Mrs. B and accessibility





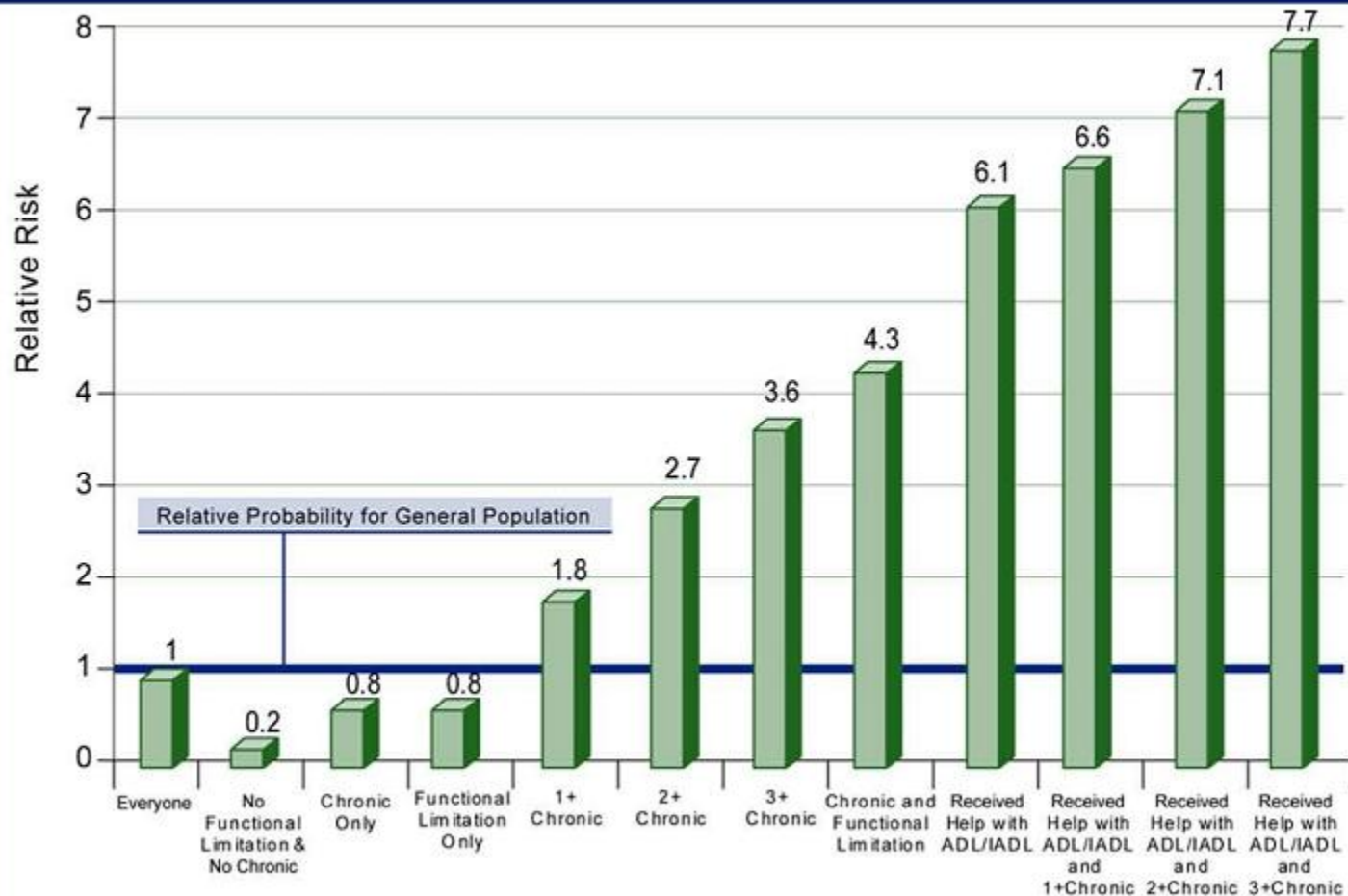
Her Hazardous floor





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

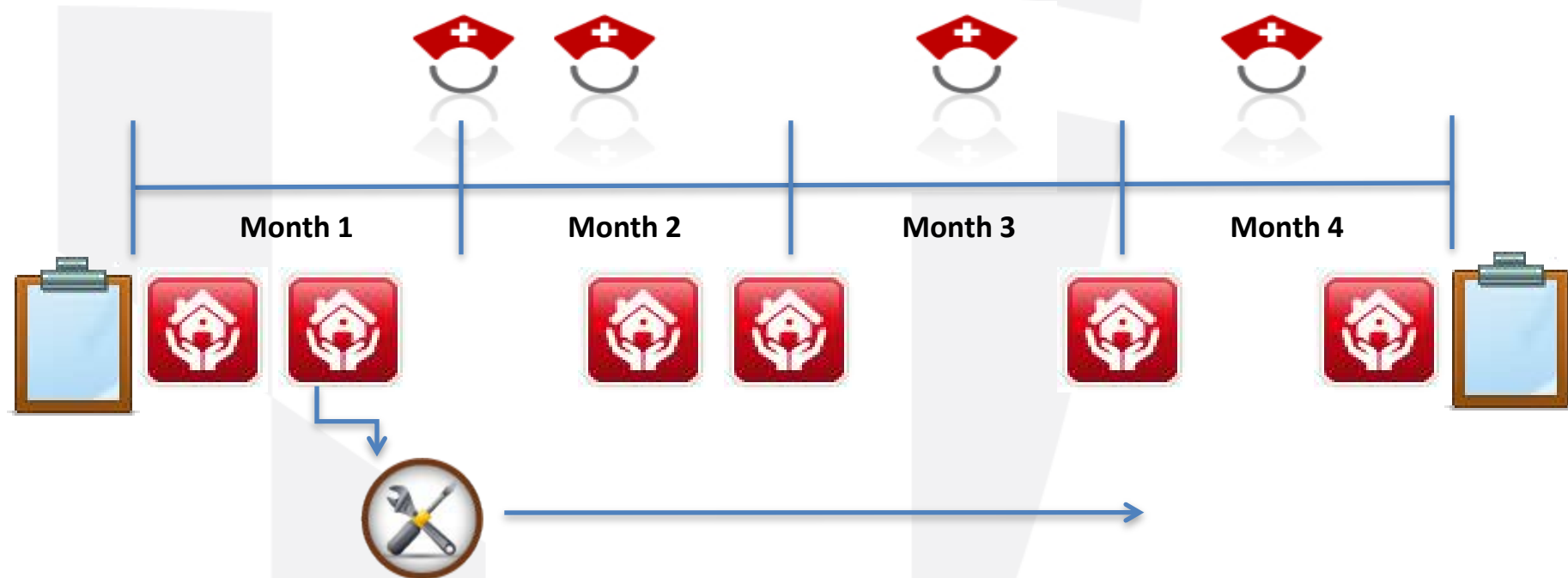


Source: TMLEWINGROUP analysis of 2006 Medical Expenditures Panel Survey, 2009

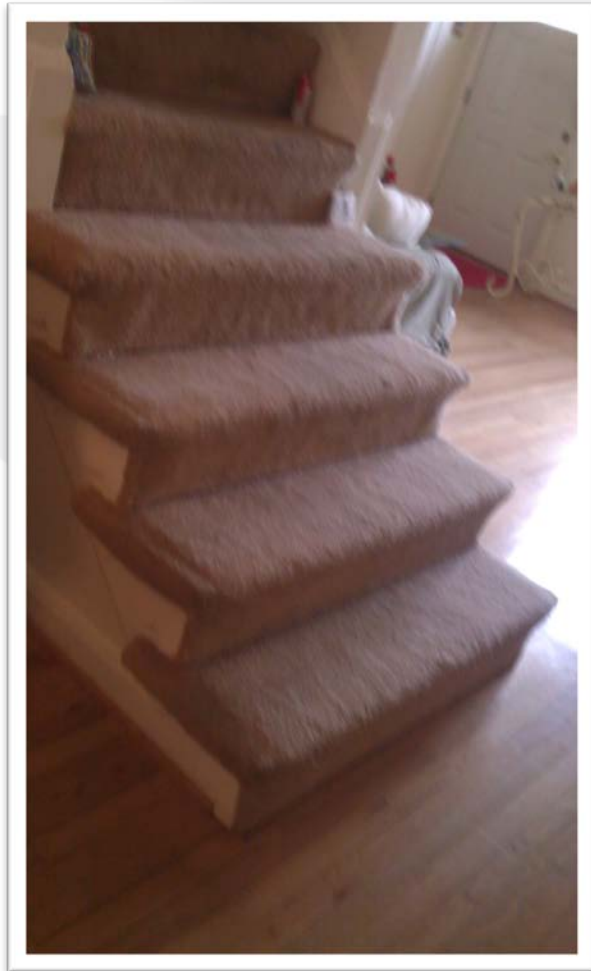
CAPABLE

- 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

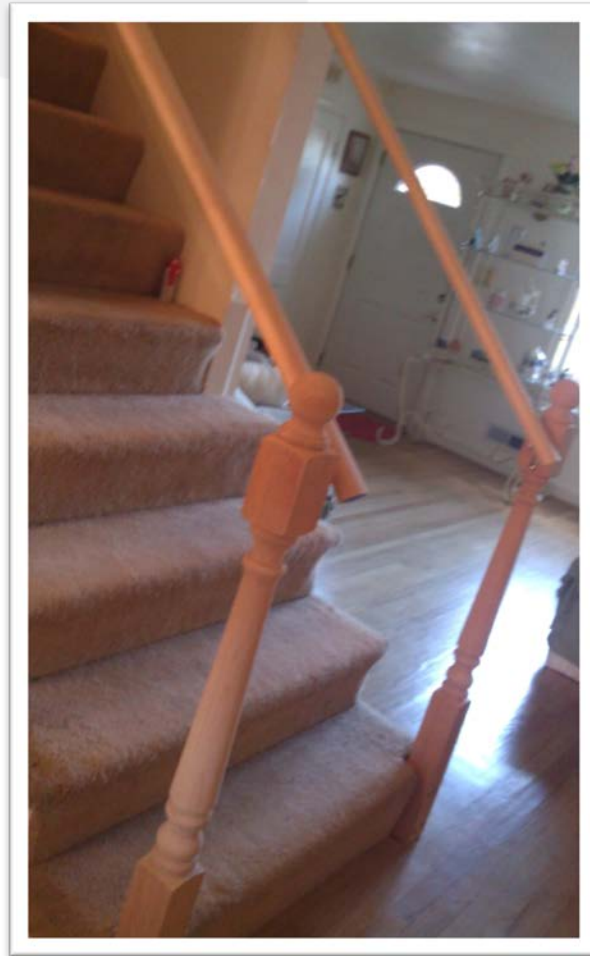




Before



After



Number of ADL Difficulties at Baseline and 5 Months for Completed CMS Participants (n=225)

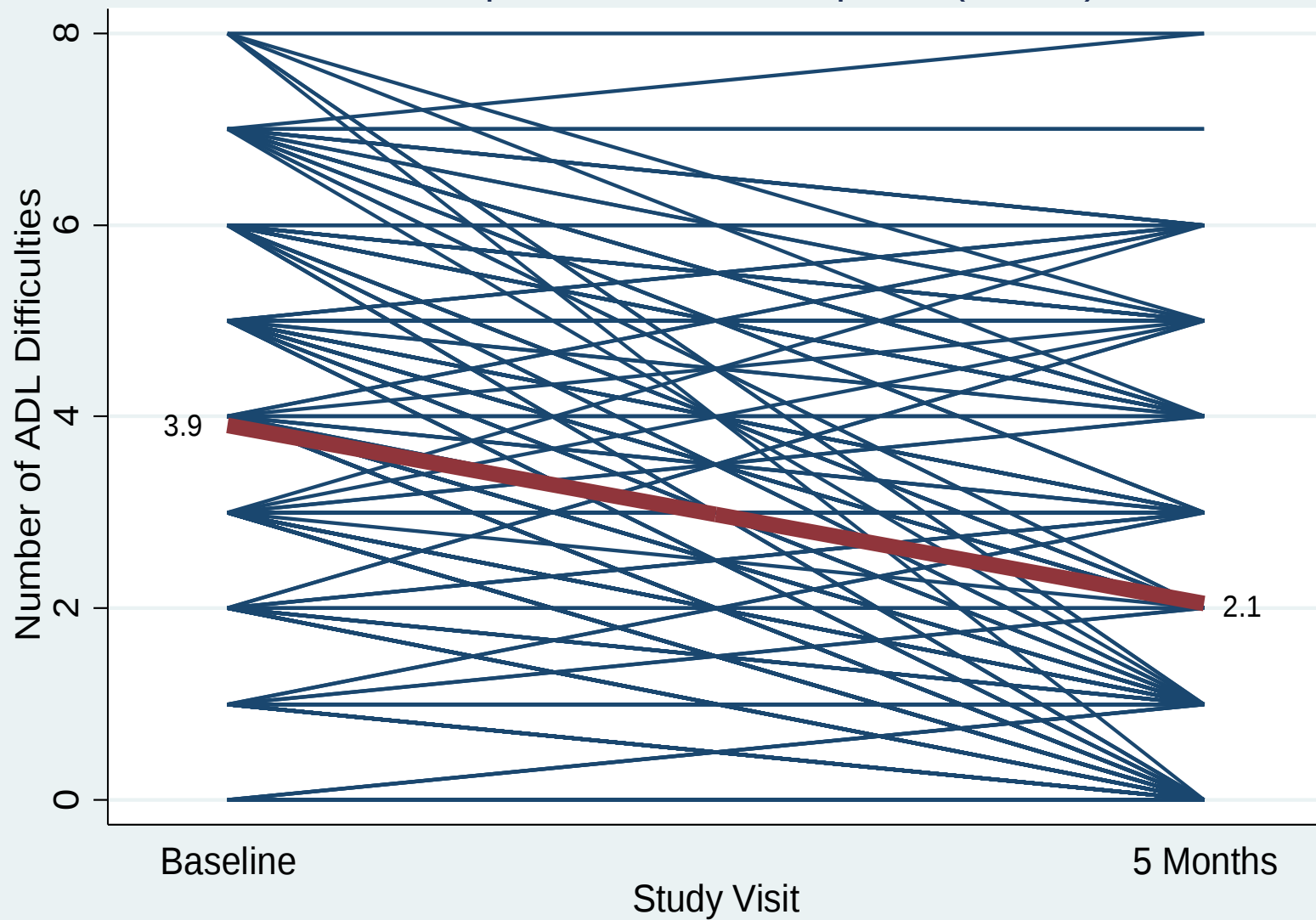
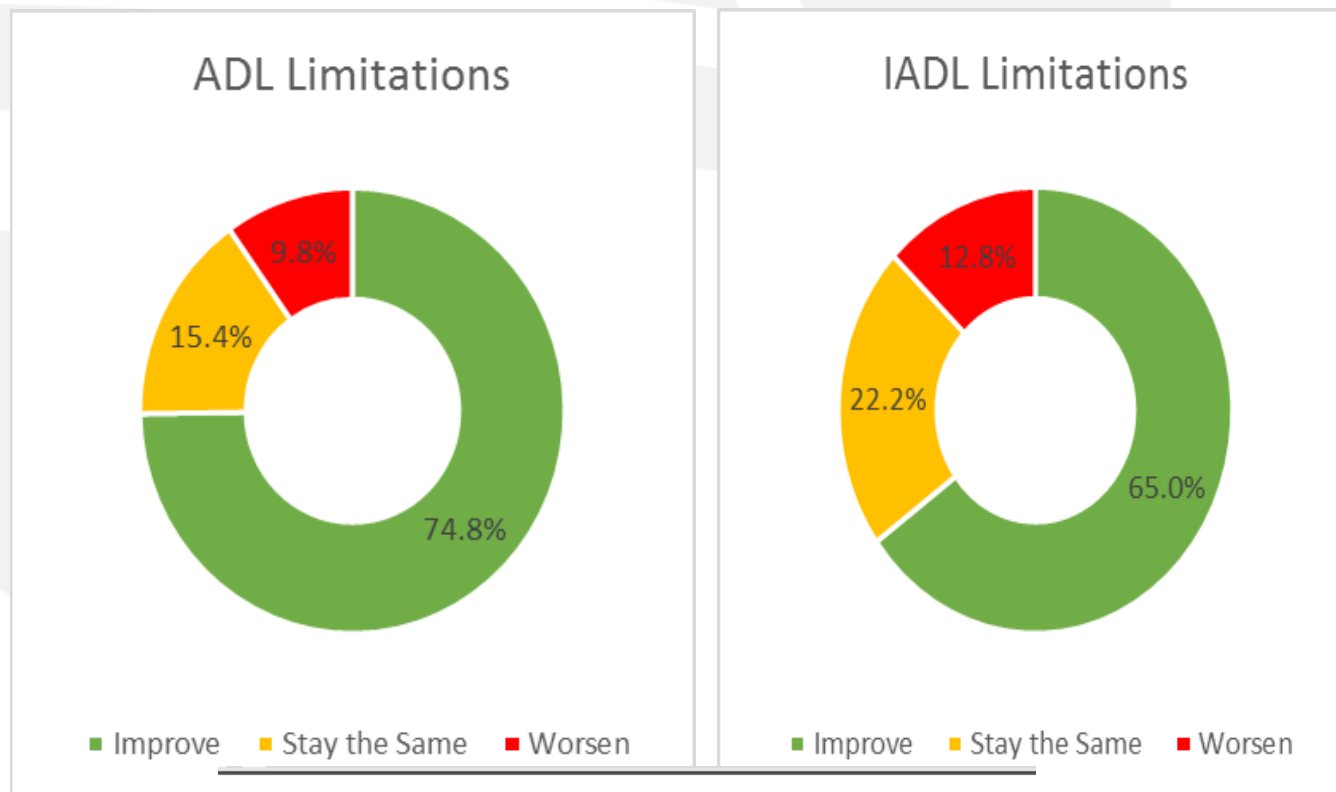


Exhibit 1. Changes from Baseline to Follow-up in Activities of Daily Living Limitations and Instrumental Activities of Daily Living Limitations



AGING & HEALTH

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

AGING & HEALTH

**Home-Based Care Program
Reduces Disability And Promotes
Aging In Place**

Decreasing Depressive Symptoms

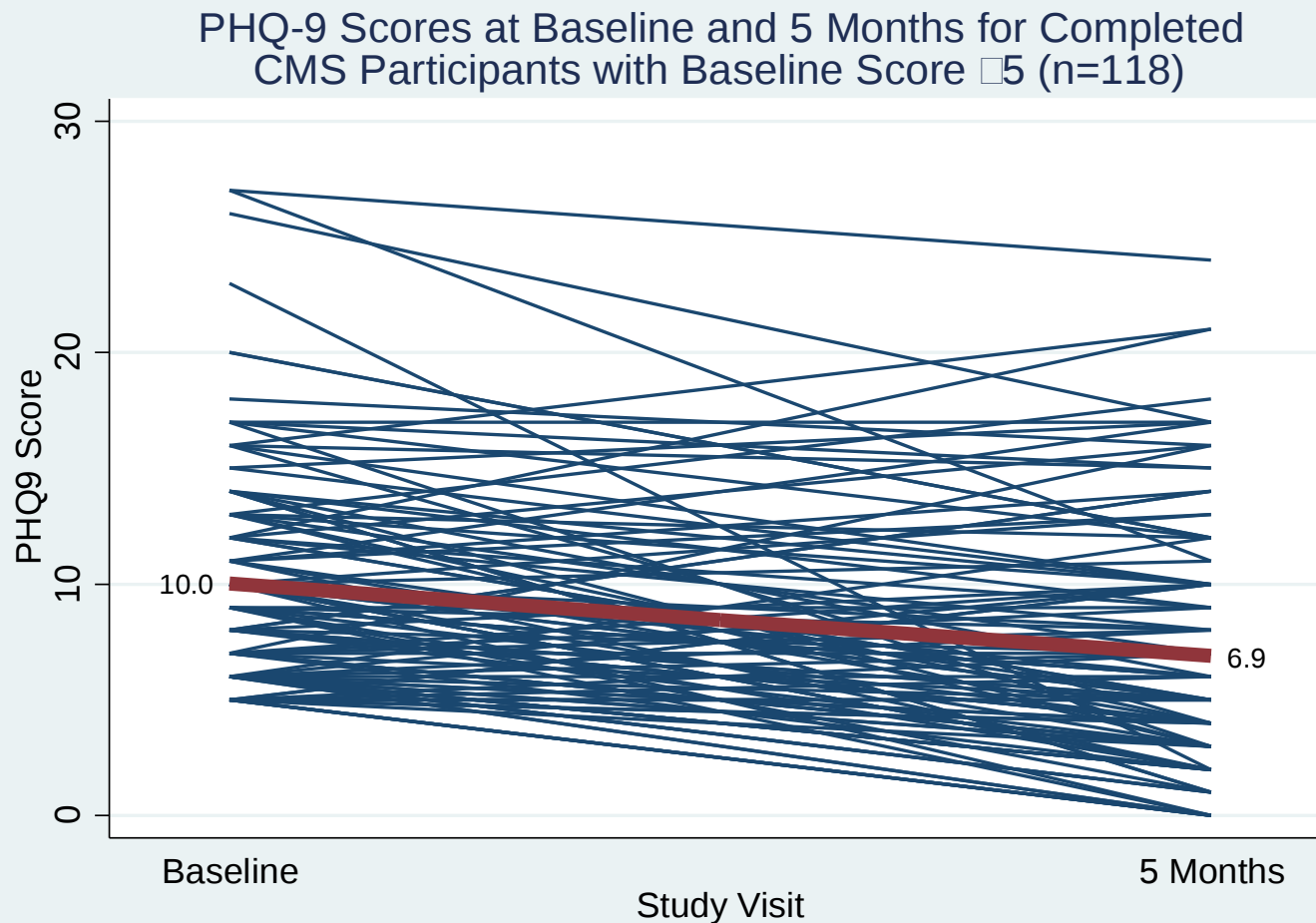
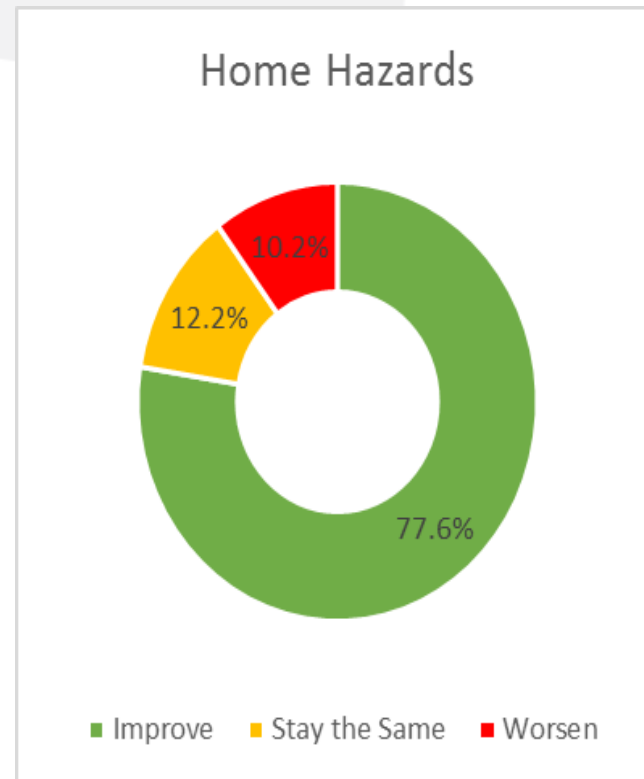
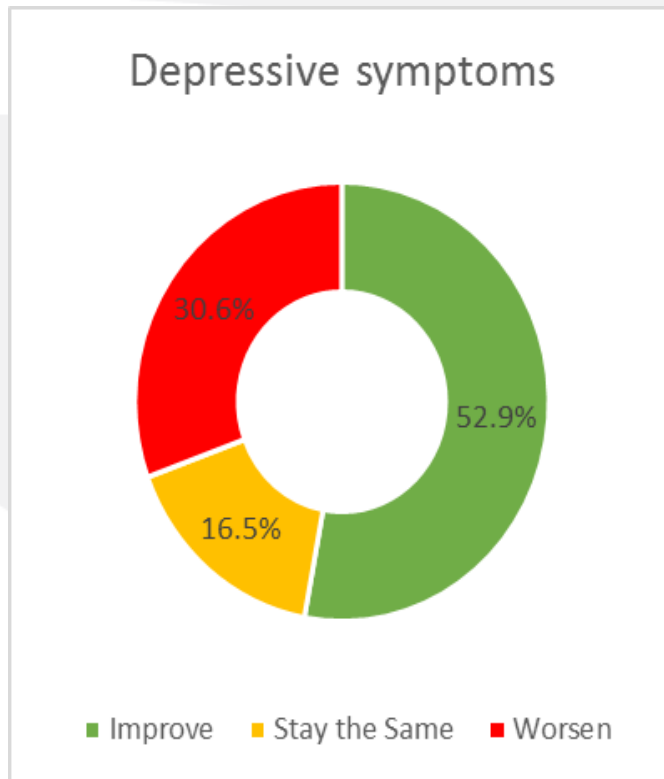


Exhibit 2. Changes from Baseline to Follow-up in Depressive Symptoms and Home Hazards



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 POSSIBILITIES

- CMS committed to scaling if meets Triple Aim
- Accountable Care Organizations
- Medicare Advantage
- PACE
- Medicaid waivers
- Maryland Hospital Waiver

Acknowledgements

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- CMS 330970-01: CMMI
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Co-investigators

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- Bruce Leff David Bishai
- Jennifer Wolff

CAPABLE team

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Questions and discussion

