A new home care model to decrease costs: The CAPABLE approach

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Mrs. B

Her Hazardous floor

Mrs. B

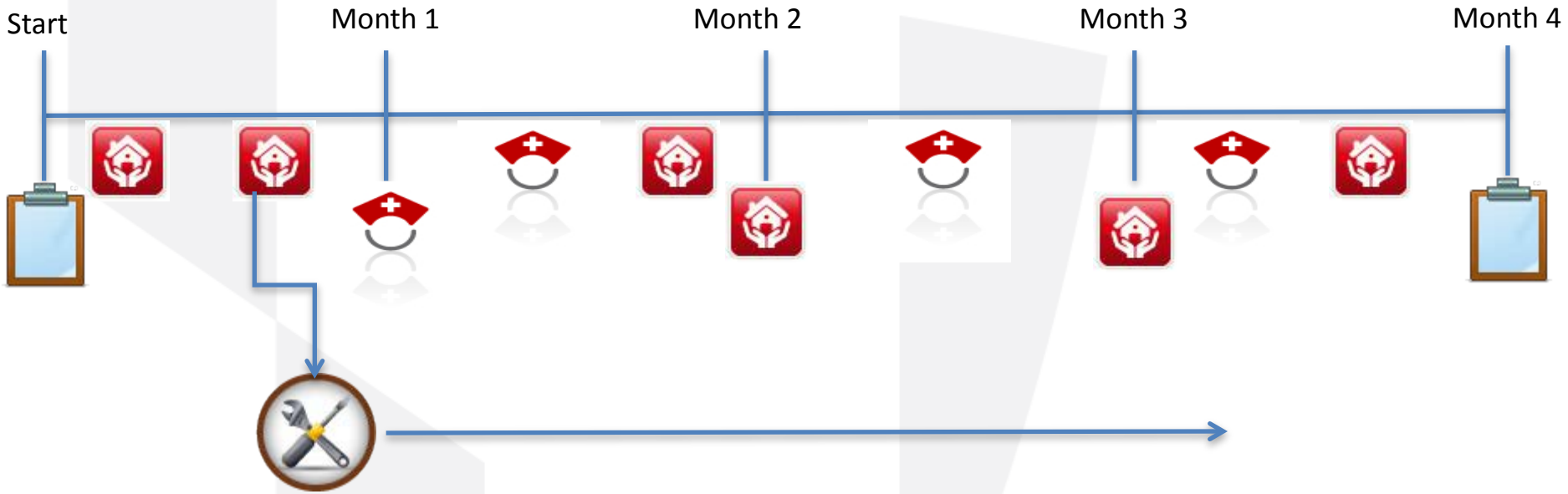
Physical Function

- Older adults care about
- Unaddressed by most medical and transitional models
- Costly (46% of the health care $)

HHS, 2010, Closer Look at Chronic Conditions

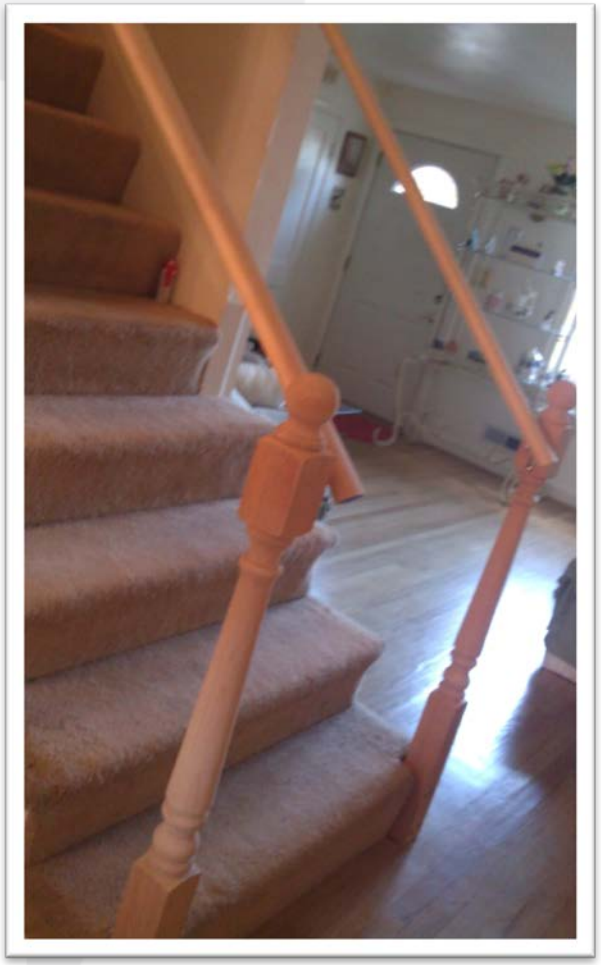
CAPABLE

- Focused squarely 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


Start
Month 1
Month 2
Month 3
Month 4

Before

After



CAPABLE's current state

- Randomized trial with NIH funding
- CMS Innovations Center grant
- Piloting in the Michigan Medicaid Waiver in a home care setting
- Piloting in Australia

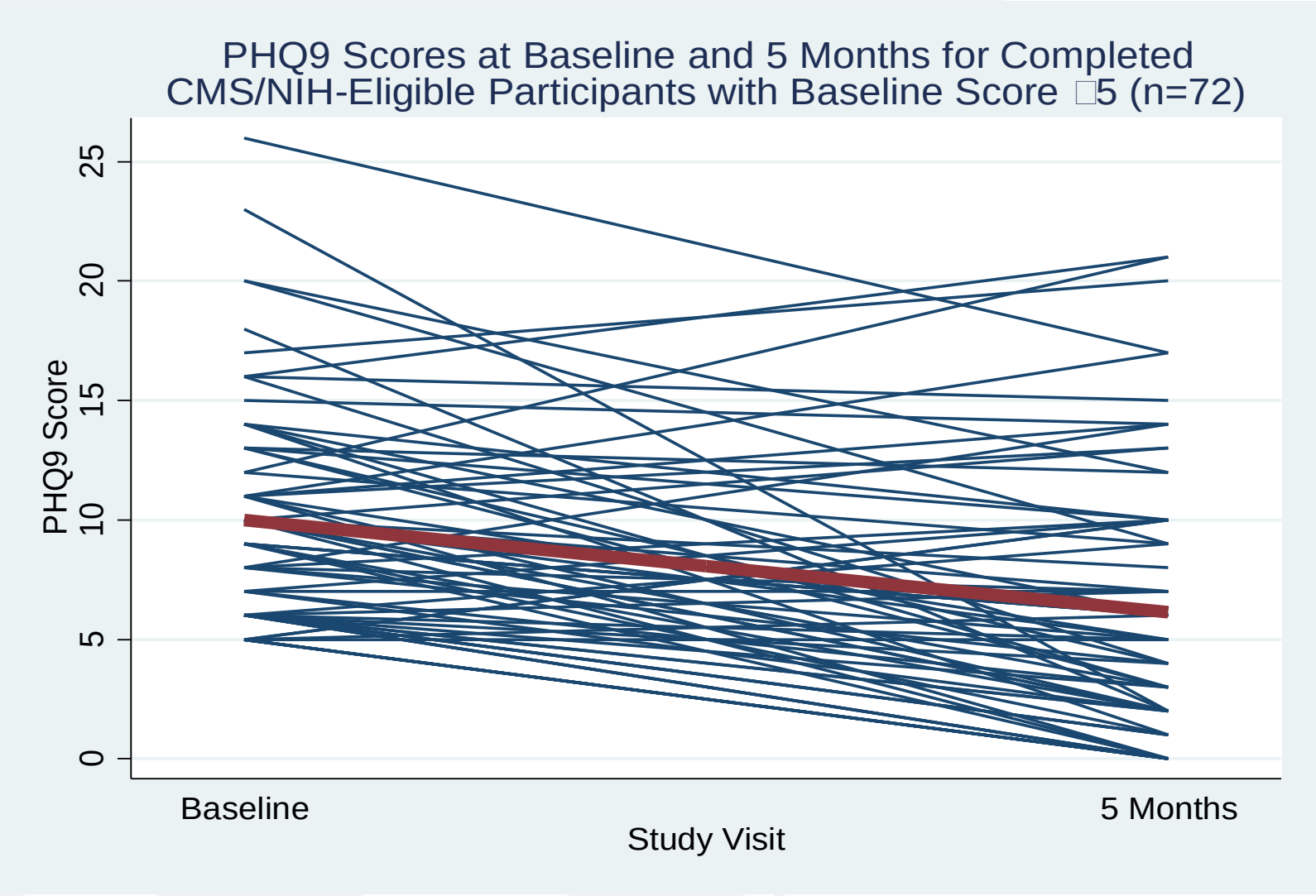
Szanton et al, Contemporary Clinical Trials, 2014
Szanton et al, in press, Journal of the American Geriatrics Society
Szanton et al, 2011, Journal of the American Geriatrics Society,

Project funded by CMS Innovation

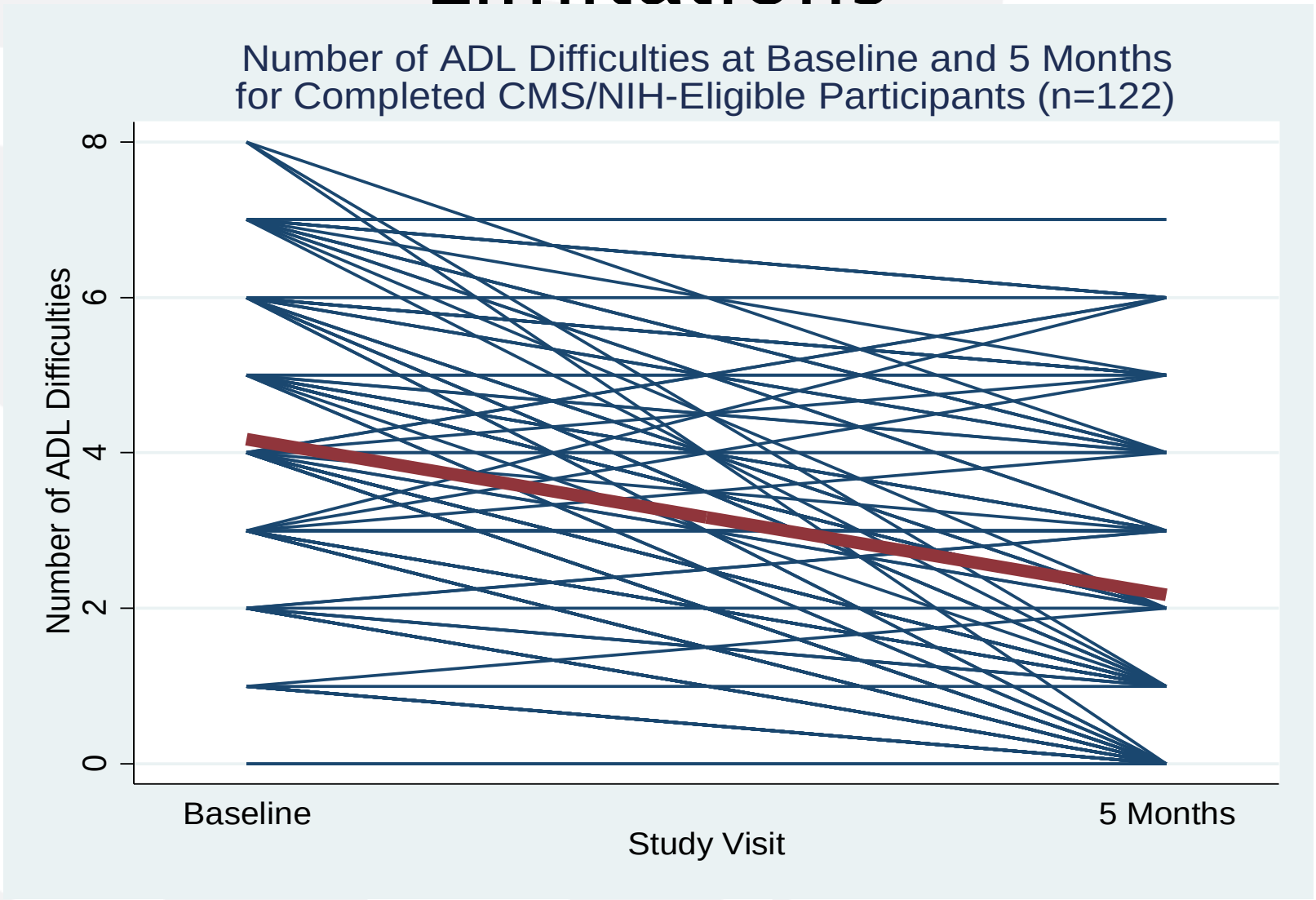
- Planned N =500 people with Medicaid and Medicare
- If deemed successful, can become national policy
- All-inclusive, CAPABLE costs $3,300 one time.
- Nursing home care in U.S. averages $75,000 per year.

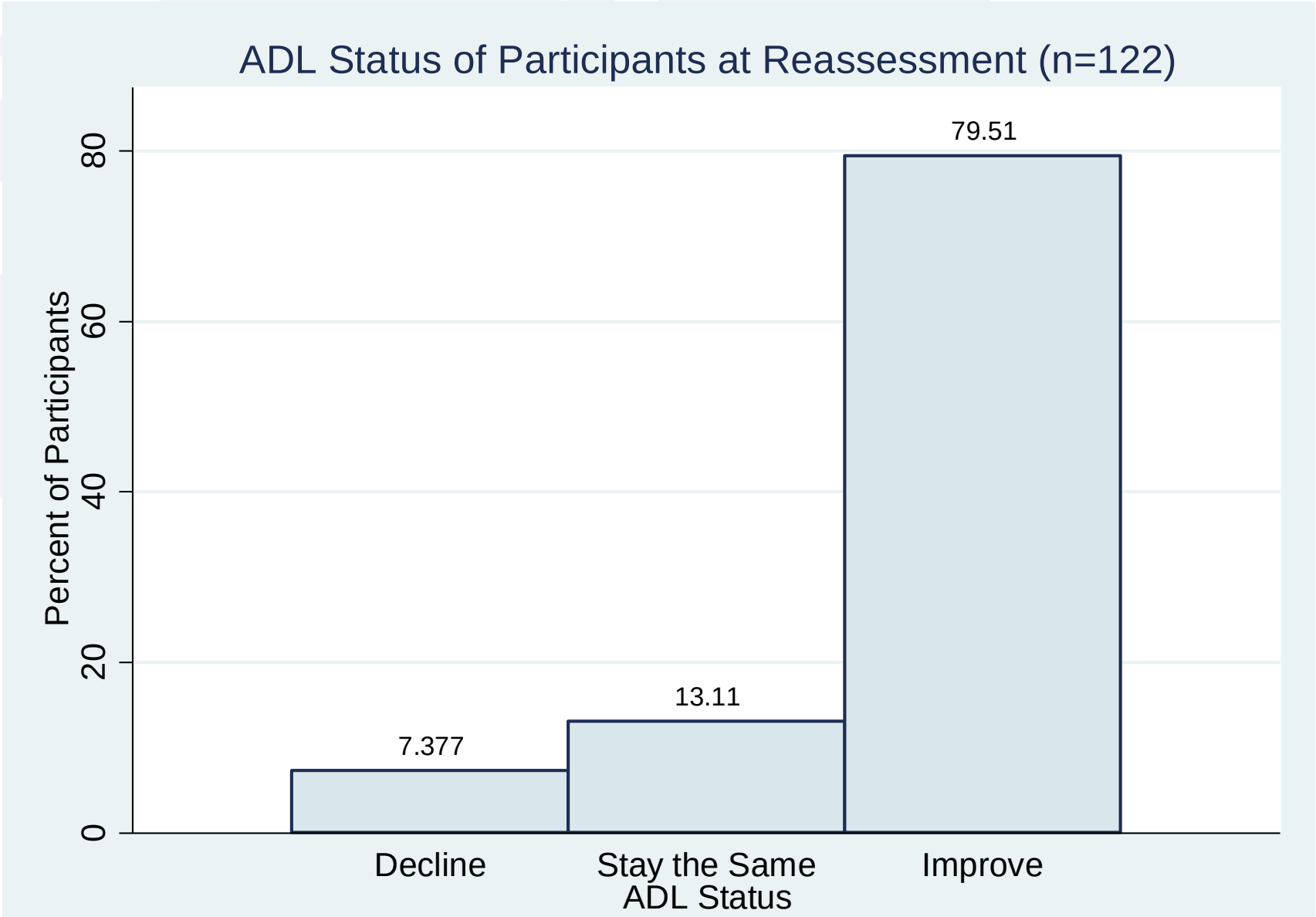
Preliminary results from CMS trial

Decreasing Depressive Symptoms



Decreasing Functional Limitations




ADL Status of Participants at Reassessment (n=122)
Percent of Participants
0
20
40
60
80
7.377
13.11
79.51
Decline
Stay the Same
Improve
ADL Status

Mrs. D.

- Confused, over medicated
- Sat on commode all day as a chair
- 30 minutes to walk to the bathroom
- 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
- Limited outside of house
- CAPABLE: connected with prior NP
  - Switched from Aleve to Tylenol
  - CAPABLE exercises
  - Super ear
- Easier to take a bath -> decreased pain
- Railings, repaired linoleum floor

PAYOR POSSIBILITIES

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

Challenges to Scaling

- Provider re-framing
- Preventive vs. treatment mindset

Mrs. Jackson