

CAPABLE - Is Unique Because It Is Client-Centric

Success is defined by the client and measured by a nursing/occupational therapist team. The client decides on functional goals, such as taking a bath or walking to church, as opposed to medical ones, such as reducing blood sugar or blood pressure levels.

CAPABLE breaks down the functional barriers between service providers, allowing a multidisciplinary approach that best addresses the clients' needs.

We have observed that the change in the physical environment stimulates a change in the client's motivation, including:

- Increase in mobility
- Improved functionality
- Capacity to "age in community" for low-income older adults


Improving Function. Reducing Costs. Supporting Independence.



Referral & Partnership Information

For more information or to submit a referral please contact:

Visiting Nurse Service of Ithaca & Tompkins County

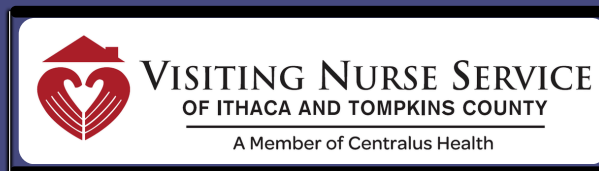
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 vnsithaca.org

A home-based, evidence-based program that supports older adults aging safely in place.

In collaboration with:



awarded from NYS DOH

Serving older adults in Ithaca and Tompkins county.



CAPABLE
Community Aging in Place.
Advancing Better Living for Elders.

CAPABLE is a structured 4-5 month home-based intervention designed to:

- Improve ADL/IADL performance
- Reduce fall risk
- Address environmental barriers
- Strengthen chronic conditions self-management
- Support aging in place

*This program is client-directed and focused on achieving goals, specifically for **Medicaid** recipients.*

Typical Services Provided

Services are tailored to client goals and may include:

- **Home Modifications** (Grab Bars, Railings, Better Lighting)
- **Medication Review & Health Strategies**
- **Strength & Mobility Exercises**
- **Safety-enhancing everyday items** (Night Lights, Benches, Alarms)

Interdisciplinary Model

Participants receive coordinated home visits from:

- **Registered Nurse (RN)**
Addresses pain, depression, medication management, and chronic condition barriers affecting function
- **Occupational Therapist (OT)**
Focuses on mobility, strength, balance, ADL/IADL goals, and environmental fit.
- **Handy Worker:** Implements minor home modifications to improve safety and accessibility.

Evidence & Outcomes

CAPABLE has demonstrated improvements in:

- Functional Independence
- Mobility and Strength
- Fall Risk Reduction
- Medication Self-Management
- Depressive Symptoms
- Reduced Hospitalization and Nursing Home Utilization

Average cost per participant is \$3,000-\$5,000 over approximately 5 months **This would be covered under the grant funding for Tompkins County residents.*

Supports value-based care and addresses social determinants of health

