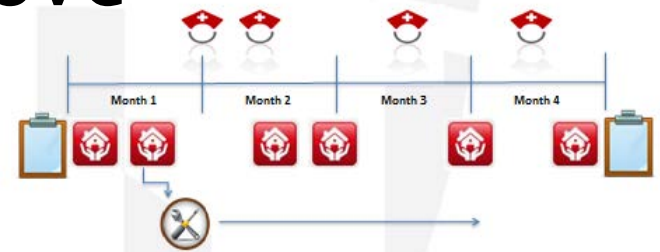


CAPABLE



- 16 weeks of Nurse, OT and handyman
- Improves ADL disability in multi-morbid older adults
- Decreases depressive symptoms
- 79% of participants improve
- Person directed
- Total cost < \$3,000
- 7-10 x return on investment





CAPABLE

27 Implementation Sites



Why this improvement?

- Function is modifiable
- Person/environment fit
- Unleashing participants' motivation
- Their own strengths and goals
- Providing resources to achieve those goals
- Builds self-efficacy for new challenges

Resources

- Handouts
- Published papers on website
- www.hopkinsnursing/capable
- www.ncoa.org/resources