

CAPABLE: Supporting Individual Goals to Build Independence

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“Rather than the presence or absence of disease, **the most important consideration** for an older person is likely to be **their functioning.**”

-World Report on Aging and Health,
2015

The Older Adult Experience in 2018



Population of US adults 65+ projected to double to 100 million by 2060¹



Most older adults prefer to age at home, few have made plans or modifications to do so²



Functional impairment is costly for individuals and the healthcare system³



Function is rarely assessed or addressed during medical visits



CAPABLE

The Approach

Interdisciplinary Team



Nurse



Handyperson



**Occupational
Therapist**

Intervention is
Client-directed

Focus on *individual
strengths and goals*
in self-care

*Treats the home
environment*



CAPABLE

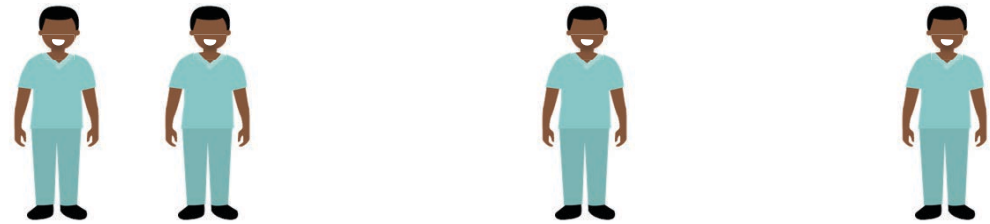
Overview

10 In-home Visits over 4 Months, Total Cost = \$2825

Occupational Therapist: 6 Visits



Registered Nurse: 4 Visits



Handyworker: \$1300 budget over 4 months



Team Roles



- **Function-focused** assessments – brainstorm, action plan, progress, & readiness to change

Occupational Therapist

- Fall risk and recovery education
- Home safety assessment
- Home modifications/repairs & collaborate with handyworker
- Train client with new assistive devices

Registered Nurse

- Review medications, create med calendar
- Focus on function in relation to:
 - Pain management
 - Mood
 - Strength and balance
 - Communication with PCP



Handyworker Reviews home modifications, repairs, and costs with OT. Completes work order within the 4-month period.



CAPABLE

Client Outcomes

Interdisciplinary Team



Nurse



Handyman



**Occupational
Therapist**

↑ **Function**

Number of ADLs considered
“difficult” decreased by 50%^{1,2}

↓ **Depression**

PHQ-9 Scores Improved in 53% of
participants¹



Mrs. B.'s Experience

In the words of a participant, "Before CAPABLE came in, everything was 'I can't. I can't take the risk.' CAPABLE taught me how to function. You gave me the tools to function with.... Everything you have done has given me my independence. *My independence.*"



Healthcare Savings

Health Affairs, 2017

MEDICARE INNOVATION

By Sarah Ruiz, Lynne Page Snyder, Christina Rotondo, Caitlin Cross-Barnet, Erin Murphy Colligan, and Katherine Giuriceo

Innovative Home Visit Models Associated With Reductions In Costs, Hospitalizations, And Emergency Department Use



Average savings to
Medicare \$2765
per quarter (\$922 per month), per participant
(95% CI -\$4963, -\$567)

Journal of the American Geriatrics Society, 2018

MODELS OF GERIATRIC CARE,
QUALITY IMPROVEMENT, AND
PROGRAM DISSEMINATION

Medicaid Cost Savings of a Preventive Home Visit Program for Disabled Older Adults

Sarah L. Szanton, PhD,^{*†} Y. Natalia Alfonso, MS,[†] Bruce Leff, MD,^{*‡} Jack Guralnik, MD, PhD,[§] Jennifer L. Wolff, PhD,[†] Ian Stockwell, PhD,[†] Laura N. Gitlin, PhD,^{*‡} and David Bisgai, PhD[†]



Average savings to
Medicaid \$867
per month, per participant
(90% CI -\$2352, +\$385)

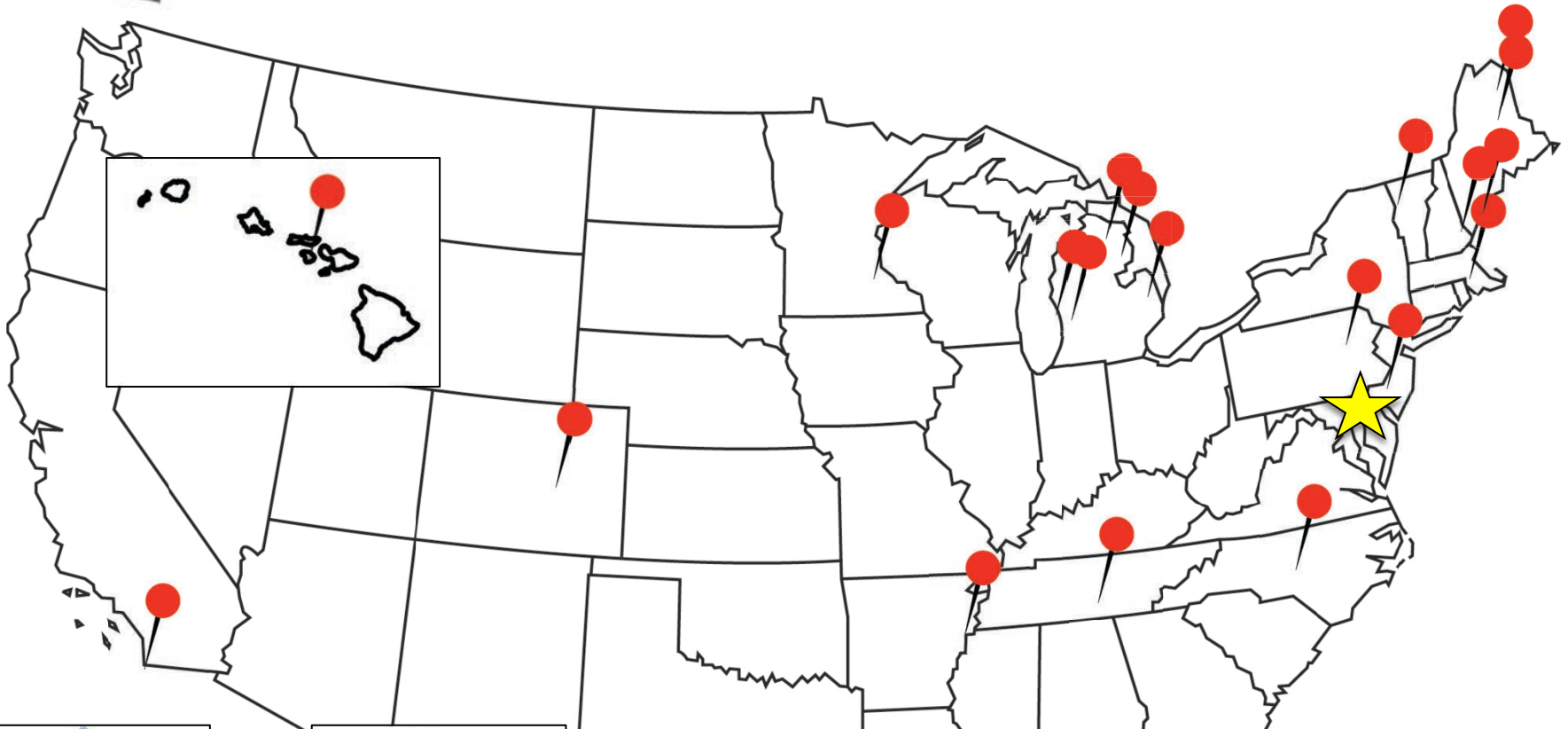


Hospitalizations and Nursing Home Admissions



CAPABLE

Implementation Sites





Funding Mechanisms

Funding

Examples

National Scaling through Center for Medicare and Medicaid Services (CMS)

- Physician-focused Payment Model Technical Advisory Committee (PTAC- *proposal in preparation*)
- Medicaid Home and Community Based Waiver- Michigan
- Program of All-inclusive Care for the Elderly (PACE)

Accountable Care Organizations

Allina Health, Mid-coast Health, Mercy Health, Johns Hopkins MAP

Medicare Advantage Plans

Coverage through expansion of MA benefits in Chronic Care Act?

Foundation Funding

National Center for Healthy Housing
Harry and Jeannette Weinberg Foundation

Public/Private Partnerships

VA/AARP Foundation

Grants

Habitat for Humanity, NIH, CMMI

Self-pay

Healthcare startups

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Supplemental Slides



Implementation Sites

Partner

Sites

The National Center For Healthy Housing

4 sites:
CA, VT, PA, NC

Habitat For Humanity

6 sites:
MD (2), MN, PA, TN, CO

Michigan Medicaid Waiver

4 sites:
Grand Rapids, Detroit, Flint, Saginaw

Mercy Health (Trinity Health) (ACO)

Muskegon, MI

Colorado Visiting Nurse Association

Denver, CO

Northwest Housing Partnership/Attuned Health

Chicago, IL

Maine Housing Authority Partners/Mid-coast Health

4 sites

Johns Hopkins Medical Alliance for Patients (ACO)

Baltimore, MD

Johns Hopkins Hospital/JH Home Care

Baltimore, MD

Veterans Administration/AARP

Lowell, MA

Visiting Nurse Association of New York City

New York, NY

Na Pu'uwai/Kapuna Aging in Place with Assistance

Lanai, HI