



Hands From The Heart Welcomes CAPABLE to Philadelphia Region

What:

CAPABLE is a client-directed home-based intervention to increase mobility, functionality, and capacity to “age in place” for older adults.

Who is eligible:

- Be at least 60 years of age or older.
- Have difficulty with at least one Activity of Daily Living (ADL) (dressing, bathing, etc.) or difficulty with Instrumental Activities of Daily Living (IADL's) (eg. housework, meal preparation, taking medication as prescribed, etc.).
- Live in Philadelphia, Montgomery or Delaware Counties (you do not have to be the owner of the home, but you must have a 12 month lease for rental of the property and the owner must consent to all home modifications).
- Income must be under 250% of the poverty level.
- Be willing and able to participate in meetings with an Occupational Therapist and a Registered Nurse focused on your goals.
- You must not have a medical or mental health condition that prevents you from participating in all facets of the program.

Goal of CAPABLE program:

- Elevate the standards of home-based care for Medicaid recipients, particularly dual eligible participants.
- Foster greater independence and quality of life for CAPABLE recipients.
- Participate in cost reducing, innovative initiatives in home care while serving the needs of our clients.

How does it work?

All CAPABLE participants will have a team of 3 people working with them to reach their goals. The team includes an Occupational Therapist (OT), Registered Nurse (RN), and a Handy Worker.

The OT will do an assessment of the home and help the participant come up with specific goals for the CAPABLE program. The OT will help lead the RN and Handy Worker. The participant will meet with the OT up to 6 times in a 6-month span.

The RN will visit up to 4 times over the same time span. The RN will gather information and help prioritize issues related to medications, pain, depression, strength and balance, primary care provider communication, and other topics that are important to the participant.

The Handy Worker, in conjunction with the team and participant, will provide minor electrical and plumbing work, and minor structural work, focusing primarily on interior repairs and installations. Examples of the kind of work can include adjusting or replacing handrails, adding grab bars, repairing uneven floors, installing bed rails or flexible shower hoses.

CAPABLE Improves Outcomes for Patients

If you or someone you know meets the criteria and are interested in improving quality of life and independence, please refer to them Hands From The Heart Home Healthcare Services. Please call 484-270-4501 x 401 or email us at CAPABLE@handsfromtheheart.org.

Once registered participants will go through an initial screening process and if eligible will be asked a few more questions to get an initial baseline. We will then schedule our 1st visit with the OT.



Referral Process: contact us with patient name and email at CAPABLE@handsfromtheheart.org