

# CAPABLE DEMONSTRATION PROJECT

Community Aging in Place, Advancing Better Living for Elders

**Overview:** The CAPABLE program aims to help individuals live independently in their home and more fully engage in daily activities. Many adults prefer to age in place by remaining in their home and community. However, physical challenges may impede a person's ability to remain safely in the home. This innovative program coordinates the services of an occupational therapist, a nurse, and handyman – to assist with a person's self-identified key challenges and make home repairs to assist with these goals.

**Who Is Eligible:** Age 65+, residing at home in Palatine, Rolling Meadows, Mount Prospect, Arlington Heights, Buffalo Grove. Be willing to answer questions before the services begin as well as after services are completed. Agree to work with an occupational therapist (OT) and nurse on agreed-upon goals. These professionals are affiliated with Attuned Care which supports senior communities in optimizing health outcomes. The handymen are affiliated with North West Housing Partnership.



**How It Works:** The OT, nurse, and handyman come to the home to deliver services over a four month period. In most cases, the OT makes 6 visits, and the nurse makes 4 visits.

1. Initial Screening and Interview with North West Housing Partnership
2. 1st visit with Occupational Therapist – includes assessment and discussion of priority goals
3. 2nd OT visit – includes examination of the home and create work order for the Handyman
4. Handyman comes to make repairs and if needed accessibility modifications
5. 1st RN visit focused on pain, strength, medication, communication with health care providers
6. Additional OT visits to address priority goals
7. 2nd RN visit to set goals, review exercises, consider how to improve communication with primary care provider
8. Additional RN visits to review progress and use strategies, complete action plan
9. The 6th OT visit is a wrap-up and helping the participant generalize what they learned so that they can address new challenges. If someone picks only 2 goals, sometimes they have just 5 visits.
10. Following the completion of services, there will be a survey and evaluation visit to answer questions and assess impact.

## Capable Program Partners:

North West Housing Partnership ( [www.nwhp.net](http://www.nwhp.net)), Attuned Care ( [www.attunedcare.com](http://www.attunedcare.com)),  
Metropolitan Mayors Caucus ( [www.mayorscaucus.org](http://www.mayorscaucus.org)), Northwest Suburban Housing Collaborative

*For more information, call North West Housing Partnership at 847-969-0561.*

