CAPABLE is a program developed at the Johns Hopkins School of Nursing for low-income seniors to safely age in place. The approach teams a nurse, an occupational therapist and a home modification specialist (from Habitat for Humanity) to address both the home environment and uses the strengths of the older adults themselves to improve safety and independence.
THE CAPABLE PROGRAM HELPS OLDER ADULTS LIVE SAFELY IN THEIR HOMES. YOU WILL RECEIVE HOME VISITS FROM AN OCCUPATIONAL THERAPIST, REGISTERED NURSE AND A HOME MODIFICATION SPECIALIST.

This team works with you to identify goals to make your day-to-day activities easier. The Occupational Therapist works on tasks like dressing, bathing, cooking, grooming and moving around your house. The Nurse works on your pain, mood, medications, fall prevention and incontinence.

“YOU TAUGHT ME TO DO THINGS SO IT’S EASIER FOR ME.”
MRS. T. 75 YEAR OLD

“I CAN SEE MY STAIRS NOW THAT THE NEW LIGHT IS UP!”
MR. W. 83 YEAR OLD

“MY PAIN IS DOWN AND I CAN TAKE A BATH BY MYSELF NOW AFTER 5 YEARS. IT’S LIKE WINNING THE LOTTERY!”
MRS. B. 67 YEAR OLD

WE COME TO YOU!!!

HOME VISITS FROM AN OCCUPATIONAL THERAPIST AND A NURSE
MINOR HOME REPAIR, MODIFICATIONS AND ASSISTIVE DEVICES
CAPABLE MODIFICATIONS ARE FREE TO THOSE WHO QUALIFY

MEET LOW INCOME GUIDELINES
LIVE IN DALLAS COUNTY, IOWA
HAVE SOME DIFFICULTY WITH EVERY DAY ACTIVITIES, SUCH AS BATHING, DRESSING, GROOMING, EATING, WALKING ACROSS A SMALL ROOM
NO ALZHEIMER’S OR DEMENTIA
NOT RECEIVING ACTIVE CANCER TREATMENT
NOT TERMINALLY ILL

FOR MORE INFORMATION, PLEASE CONTACT
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