



# CAPABLE

## HOME MODIFICATIONS PROVIDED AT NO COST FOR POLK & DALLAS COUNTY SENIORS

CAPABLE is a program developed at the Johns Hopkins School of Nursing for seniors to safely age in place. The approach teams a nurse, occupational therapist and a home modification specialist to improve conditions of the home environment and uses the strengths of the participating older adult to improve safety and independence.

A PARTNERSHIP



## WE COME TO YOU!

- ★ Home visits from an occupational therapist and registered nurse
- ★ Minor home repair, modifications & assistive devices
- ★ CAPABLE modifications are free to those who qualify

## ELIGIBILITY

- ★ Residents age 60 or better living in Polk or Dallas County
- ★ Have some difficulty with at least one Activity of Daily Living like dressing or bathing or difficulty with activities like housework or meal preparation
- ★ Someone willing & able to participate in in-home meetings with an Occupational Therapist & a Registered Nurse
- ★ Someone not living with a medical or mental health condition that prevents you from participating in the program.

# CONTACT

Do you know someone who would benefit from the CAPABLE program?



[capable@happyathomeconsulting.com](mailto:capable@happyathomeconsulting.com)

Call 515-635-4050



"YOU TAUGHT ME TO DO THINGS SO IT'S EASIER FOR ME."

-MRS. T 75 YEARS 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 YEARS OLD

"I CAN SEE MY STAIRS NOW THAT THE NEW LIGHT IS UP!"

-MR. B 83 YEARS OLD