

- Do you have difficulty performing housework?
- Do you find it challenging to take your medicine as prescribed?
- Do you have difficulty getting dressed?

## If yes, you might be eligible for the CAPABLE program

### *What does CAPABLE (Community Aging in Place—Advancing Better Living for Elders) do?*

- Provides 10-12 home visits from a team including a registered nurse, occupational therapist, and a handyman
- Identifies your self-care goals (walking to the mailbox, doing laundry, safely showering)
- Increases the likelihood of staying in your home by addressing these goals

### *To qualify, you must be:*

- At least 60 years old
- Own/rent a home or live in a family member's home
- Have difficulty performing 1+ daily activity (e.g. dressing, bathing, toileting) or difficulty with 2+ instrumental activities (e.g. housework, meal preparation)
- Live at or below 80% Median Income Level of Denver (equal to \$4,196/month for a 1-person household, up to \$4,796/month for a 2-person household, up to \$5,396/month for a 3-person household, up to \$5,992/month for a 4-person household)
- Live in Adams, Arapahoe, Broomfield, Denver, Douglas, or Jefferson counties



Colorado Visiting Nurse Association (VNA) was the first community-based, home health agency to examine if CAPABLE produces similar health outcomes and cost-savings here in metro Denver as it has in other cities.



For more information, including to participate, please contact:  
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[http://nursing.jhu.edu/faculty\\_earch/research/projects/capable/](http://nursing.jhu.edu/faculty_earch/research/projects/capable/)