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Supporting Older Adults Through Aging in Place and CAPABLE Programs

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Supporting Older Adults Through Aging in Place and CAPABLE Programs

Laura Compton, OTS
Belmont University OTD Class of 2020



Agency Overview

- A non-profit agency founded in 1976 by Linda and Millard Fuller
- Nearly 2,000 affiliates all over the world
- Habitat for Humanity of Greater Memphis (HFHGM) is currently the number one affiliate
- HFHGM has built nearly 500 homes in the Memphis area since 1983
- HFHGM provides affordable mortgages, critical home repairs, and home modifications
- HFHGM's vision is "a world where everyone has a decent place to live" (Habitat About, n. d.)
- HFHGM's mission is "seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities, and hope" (Habitat About, n. d.)
- Project related directly to the Aging in Place (AIP) and CAPABLE programs
- AIP provides critical home repairs to low-income adults aged 60 years and older
- CAPABLE provides the same repairs along with a select number of home visits from a registered nurse and an occupational therapist

Project Overview

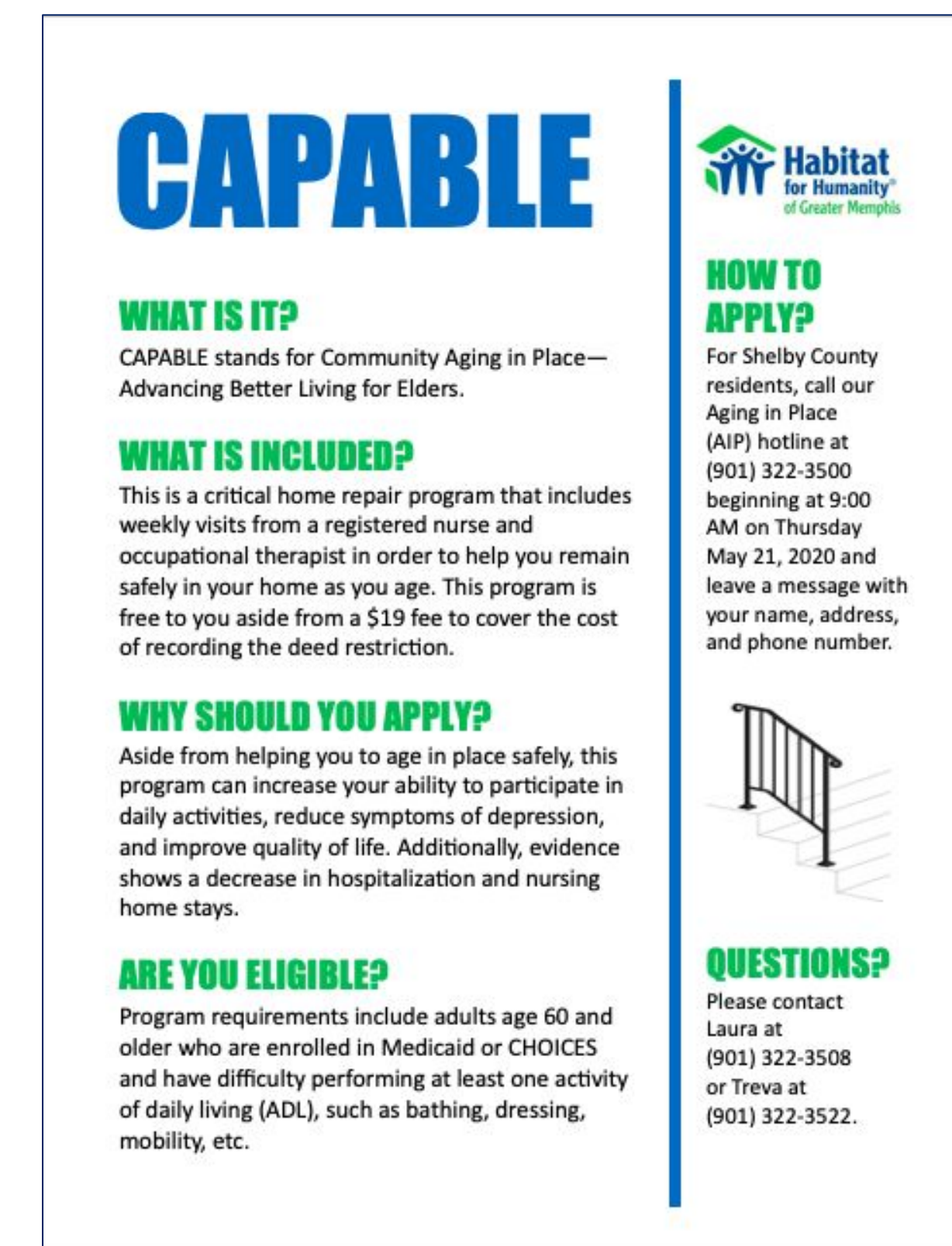
- Gain extensive knowledge of the older adult population as a whole as well as aging in place, home modifications, etc. by reviewing resources such as podcasts, documentaries, books, webinars, etc.
- Conduct a literature review of CAPABLE, AIP, and relevant healthy housing articles
- Compile an annotated bibliography based on articles from the literature review
- Create a handout that provides information on the CAPABLE program
- Modify the pre-existing qualitative survey for the CAPABLE program to provide an OT perspective
- Conduct surveys with clients via the phone and/or in-person
- Participate in a home visits before and after home modifications have been completed
- Conduct scope of work signings with clients
- Create a resource binder to provide an OT perspective for staff and clients
- Make weekly goals/assignment deadlines to improve time management skills
- Write a single journal reflection to reflect on growth of professional communication skills

Literature Review

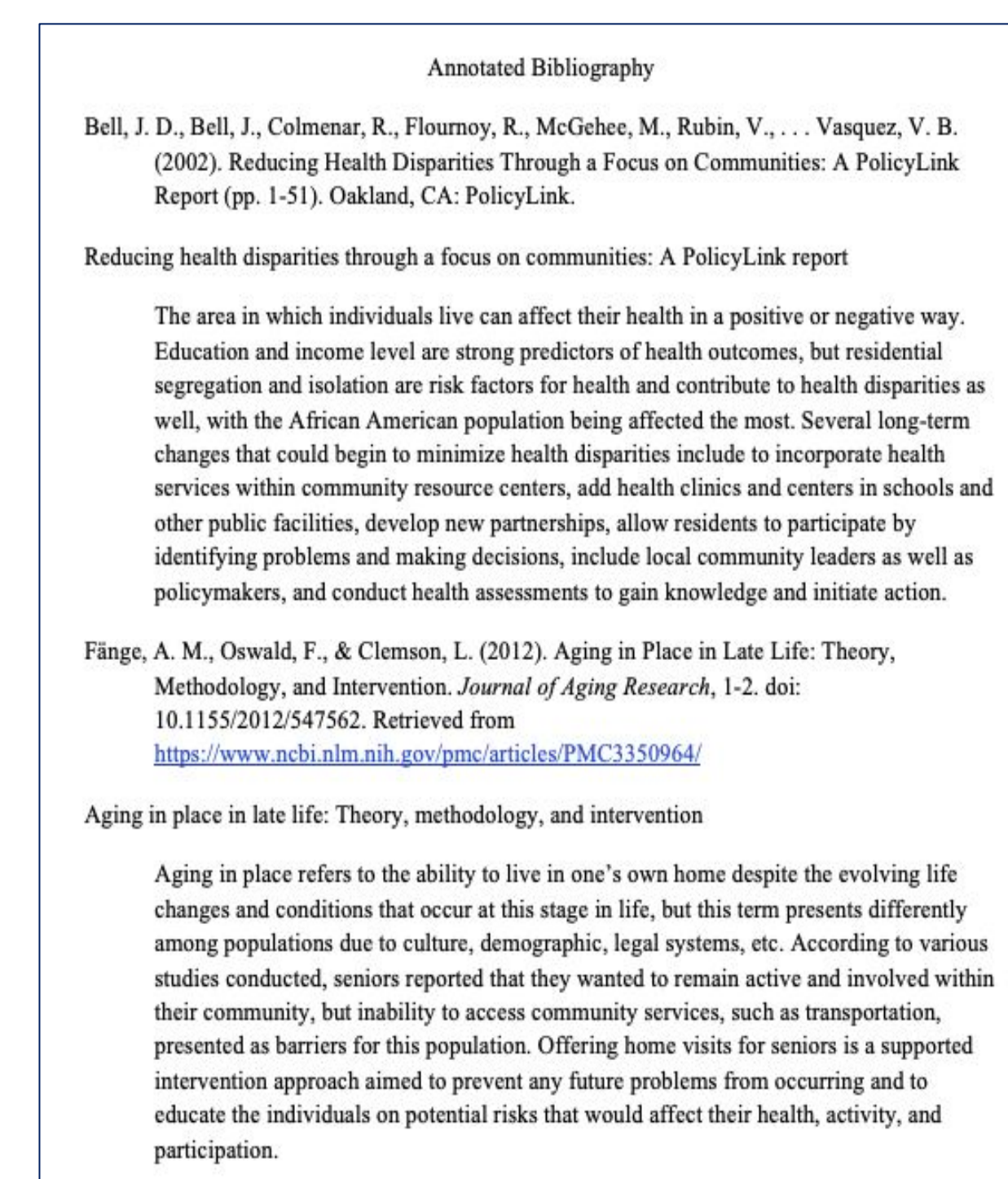
- U.S. population is living longer, retiring earlier, and saving little money (Wise, 1999)
- Aging in place refers to the ability to live in one's own home despite the evolving life changes and conditions that occur at this stage in life (Fänge et al., 2012)
- 44% of adults 65 years and older are in need of home modifications regarding accessibility (Will, 2015)
- Poor housing conditions can lead to serious health conditions such as respiratory infections, asthma, lead poisoning, physical injuries, and mental health disorders (Krieger & Higgins, 2002)
- Inability to access community services, such as lack of transportation, presents as a barrier for community-dwelling older adults (Fänge et al., 2012)
- Home visits have been shown to improve health outcomes, lower mortality rates, and decrease medical visits (Krieger & Higgins, 2002)
- CAPABLE reduced difficulties with ADLs, increased participation in IADLs, reduced depressive symptoms, and decreased medical expenses (Granbom et al., 2018)

Project Deliverables

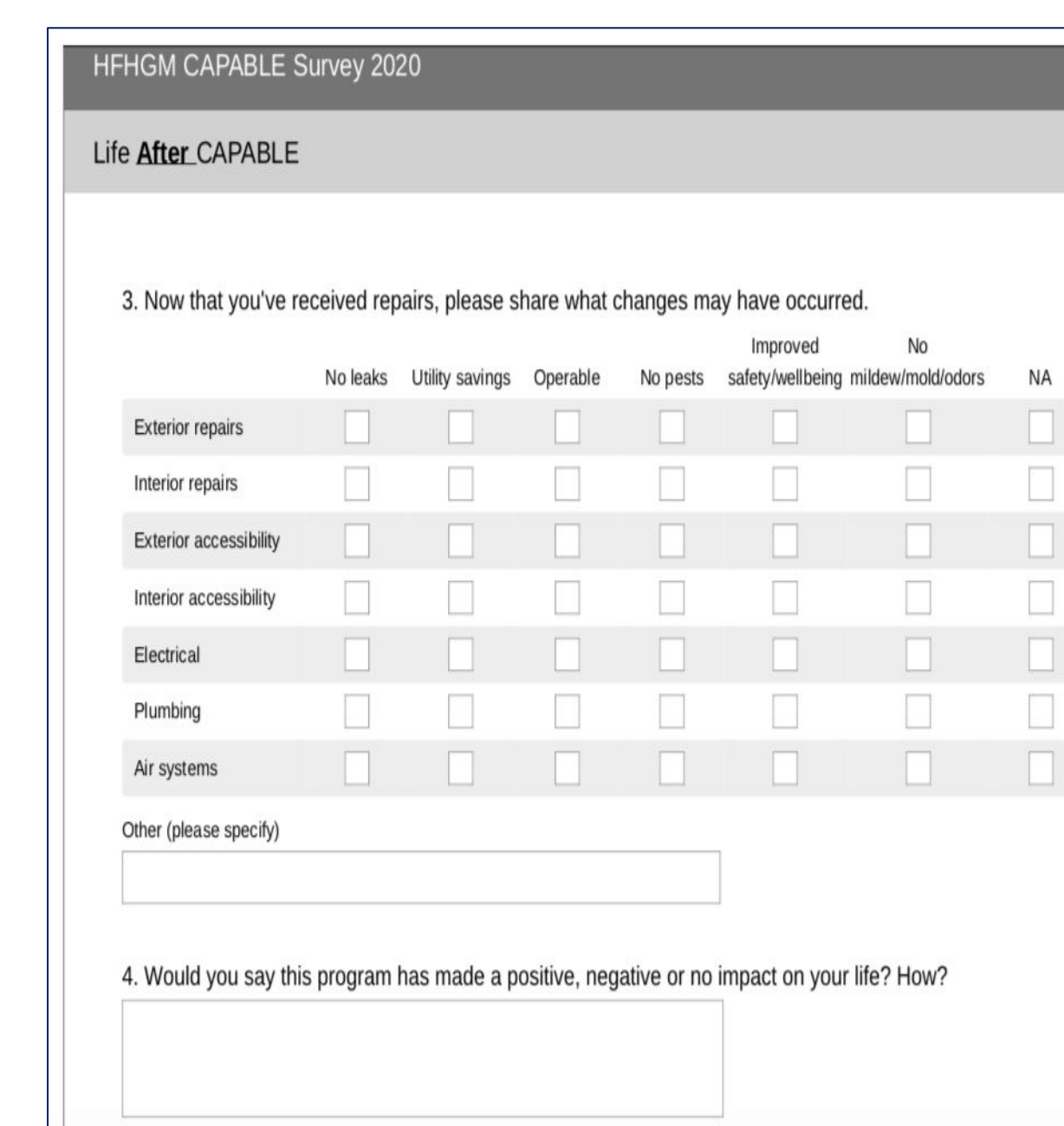
CAPABLE Handout



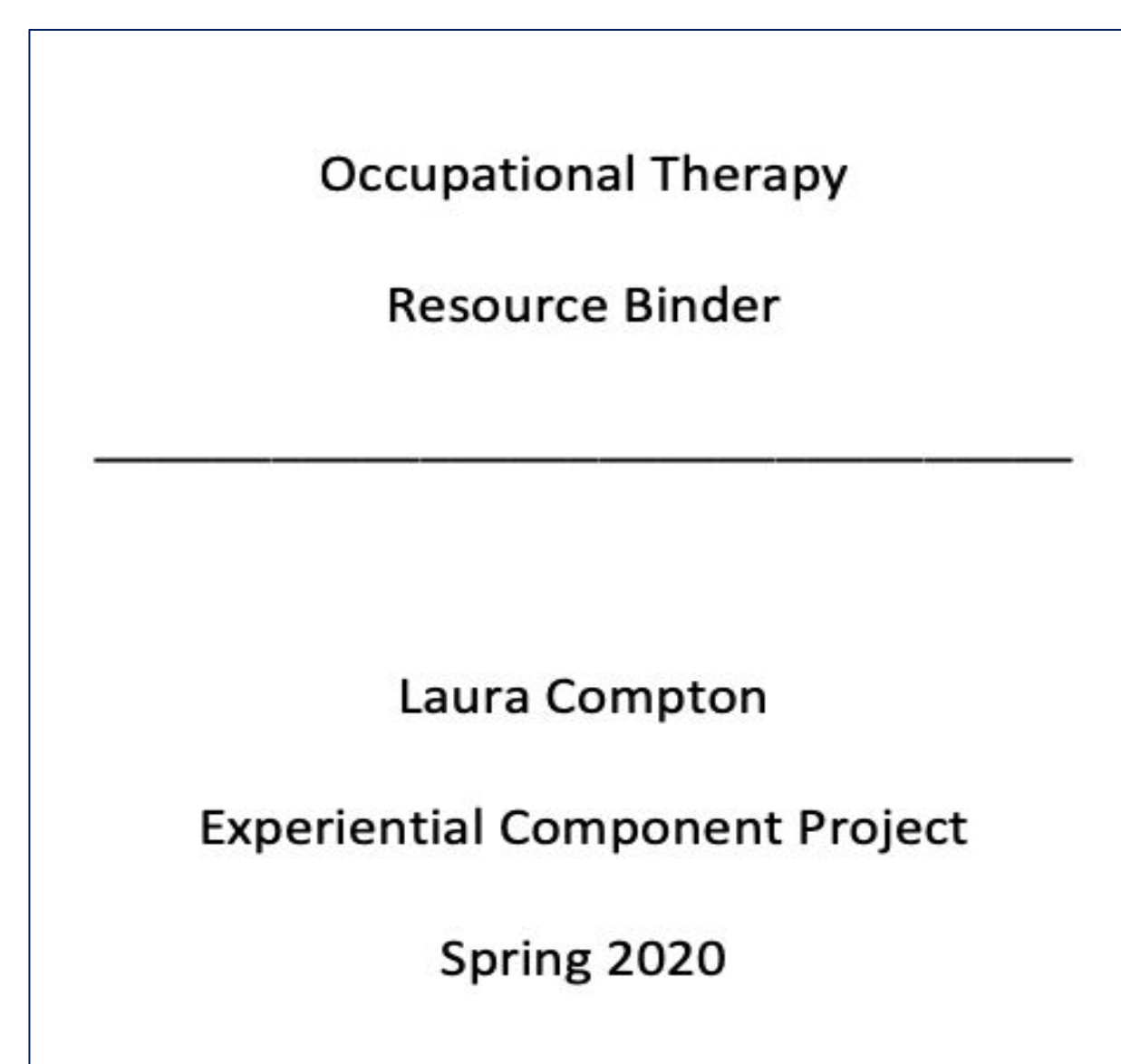
Annotated Bibliography



Modified Qualitative Survey



OT Resource Binder



Outcome of Project

- Worked on an array of different tasks including but not limited to gathering, documenting, and analyzing data
- Learned how a large, non-profit agency operates
- Created a handout for the agency to share with prospective clients
- Conducted a literature review
- Compiled an annotated bibliography
- Modified a qualitative survey
- Conducted surveys with clients
- Created a resource binder to provide the staff with an OT perspective long-term
- Completed in-take applications for clients
- Participated in home visits
- Gained extensive knowledge about the agency and the older adult population through direct and virtual communication
- Improved leadership, advocacy, and professional skills, such as time-management, communication, decision-making, creativity, and flexibility

Conclusion

- 78% of adults 45 years and older strongly agree that they want to remain in their home for as long as possible (Lampkin & Barrett, 2015)
- HFHGM allows this population the opportunity to: safely age in their homes, maintain their independence, and not worry about the cost (Habitat AIP, n. d.)
- My time-management and professional communication skills improved
- Conflict resolution was an unanticipated skill utilized frequently
- Encountering tough situations taught me to be more flexible, empathetic, decisive, and accommodating
- This experience will help me as I transition from student to practitioner
- I plan to continue working with the older adult population and earn an executive certificate in home modifications

Acknowledgements

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