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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

CAPABLE Handout

Annotated Bibliography

(2002). Reducing Health Disparities Through a Focus on Communities: A PolicyLink

The area in which individuals live can affect their health in a positive or negative way.

Education and income level are strong predictors of health outcomes, but residential segregation and isolation are risk factors for health and contribute to health disparities as

well, with the African American population being affected the most. Several long-term changes that could begin to minimize health disparities include to incorporate health

services within community resource centers, add health clinics and centers in schools and

identifying problems and making decisions, include local community leaders as well as

other public facilities, develop new partnerships, allow residents to participate by

policymakers, and conduct health assessments to gain knowledge and initiate action

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, but this term presents differently

among populations due to culture, demographic, legal systems, etc. According to various

tudies conducted, seniors reported that they wanted to remain active and involved within

resented as barriers for this population. Offering home visits for seniors is a supported intervention approach aimed to prevent any future problems from occurring and to

their community, but inability to access community services, such as transportation,

educate the individuals on potential risks that would affect their health, activity, and

Occupational Therapy

Resource Binder

Laura Compton

Experiential Component Project

Spring 2020

Fänge, A. M., Oswald, F., & Clemson, L. (2012). Aging in Place in Late Life: Theory,

Methodology, and Intervention. Journal of Aging Research, 1-2. doi:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3350964

Aging in place in late life: Theory, methodology, and intervention

Bell, J. D., Bell, J., Colmenar, R., Flournoy, R., McGehee, M., Rubin, V., . . . Vasquez, V. B.

Reducing health disparities through a focus on communities: A PolicyLink report

Report (pp. 1-51). Oakland, CA: PolicyLink

10.1155/2012/547562. Retrieved from

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

Advancing Better Living for Elders (AIP) hotline at WHAT IS INCLUDED? (901) 322-3500 This is a critical home repair program that includes beginning at 9:00 weekly visits from a registered nurse and AM on Thursday occupational therapist in order to help you remain May 21, 2020 and safely in your home as you age. This program is leave a message with free to you aside from a \$19 fee to cover the cost your name, address and phone number. of recording the deed restriction. WHY SHOULD YOU APPLY? Aside from helping you to age in place safely, this program can increase your ability to participate in daily activities, reduce symptoms of depression, and improve quality of life. Additionally, evidence shows a decrease in hospitalization and nursing **QUESTIONS?** ARE YOU ELIGIBLE? Please contact Program requirements include adults age 60 and older who are enrolled in Medicaid or CHOICES (901) 322-3508 and have difficulty performing at least one activity or Treva at

of daily living (ADL), such as bathing, dressing,

(901) 322-3522.

Annotated Bibliography

FHGM CAPABLE Survey 2020

	No leaks	Utility savings	Operable	No pests	Improved safety/wellbeing m	No ildew/mold/odors	NA
Exterior repairs	NO leaks	July savings	Орегавле	No pesis	Salety/Wellbellig III	indew/inold/odors	
Interior repairs							
Exterior accessibility							
Interior accessibility							
Electrical							
Plumbing							
Air systems							
Other (please specify)							

Modified Qualitative Survey

OT Resource Binder

	No leaks	Utility savings	Operable	No pests	Improved safety/wellbeing mi	No Idew/mold/odors	NA
Exterior repairs							
Interior repairs							
Exterior accessibility							
Interior accessibility							
Electrical							
Plumbing							
Air systems							
Other (please specify)							

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

Special thanks to Laura Anderson, Chris Reeder Young, Julia Romine, and all staff at Habitat for Humanity of Greater Memphis for providing this opportunity to learn and grow not only as a professional, but also as an individual. Additionally, thank you to Elena Espiritu (OTD, OTR/L, BCPR) and Debra Gibbs (EdD, MHS, OTR/L, CAPS, FAOTA) for the advice, support, and encouragement throughout this experiential component project.

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Lampkin, C., & Barrett, L. (2015). Home and community preferences survey. Retrieved from

https://www.aarp.org/research/topics/community/info-2015/Home-and-Community-Preferences-45Plus.html

Literature review references and annotated bibliography available upon request.