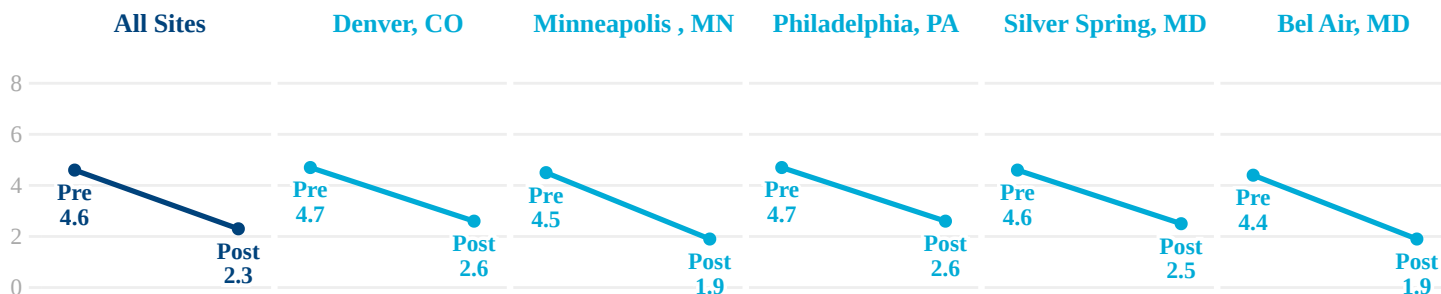


Between 2018 – 2022, Habitat for Humanity implemented CAPABLE (Community Aging in Place-Advancing Better Living for Elders) in five communities across the United States (427 participants enrolled and 348 completed the program). CAPABLE is a person-directed, home based program that enables low-income older adults to age more safely in their homes. This infographic summarizes results from the Johns Hopkins University CAPABLE Evaluation Team report (available upon request). Habitat would like to thank The Harry and Jeanette Weinberg Foundation and the many other donors who made this work possible.



CAPABLE improved participants' performance in activities of daily living by 50%

Activities include eating, bathing, toileting, dressing the upper body, dressing the lower body, getting in and out of chairs, walking across a small room, and grooming.

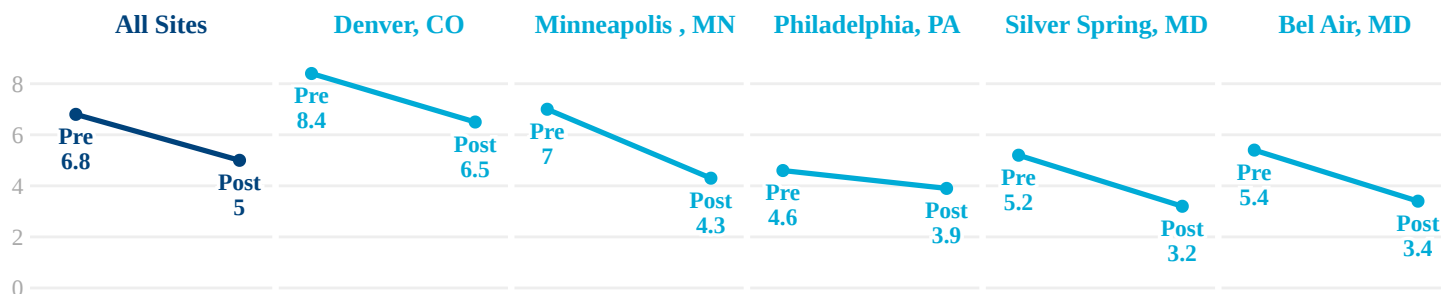


This graph shows the average pre and post ADL scores for all five Habitat for Humanity affiliates studied. Individual ADL scores can range from 0 to 16. A lower score means fewer ADL limitations. (ADL: Activities of Daily Living)



CAPABLE improved participants' performance in instrumental activities of daily living by 26%

Activities include preparing meals, doing dishes, shopping, using phones, laundry, traveling, taking medications, and managing money.



This graph shows the average pre and post IADL scores for all five Habitat for Humanity affiliates studied. Individual IADL scores can range from 0 to 16. A lower score means fewer IADL limitations. (IADL: Instrumental Activities of Daily Living)

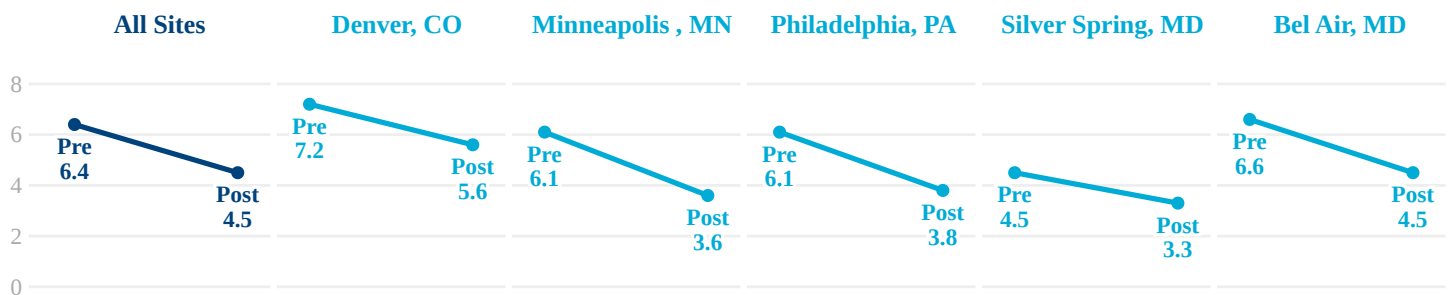


The findings in Habitat's CAPABLE implementation are similar to outcomes/ findings from previous implementations of the CAPABLE model.



CAPABLE reduced participants' depressive symptoms by 30%

Participants with scores from 5-9 were considered to have mild depression, a score of 10-14 indicated potential moderate depression, a score of 15-19 indicated moderate-severe depression, and 20 and above indicated severe depression.

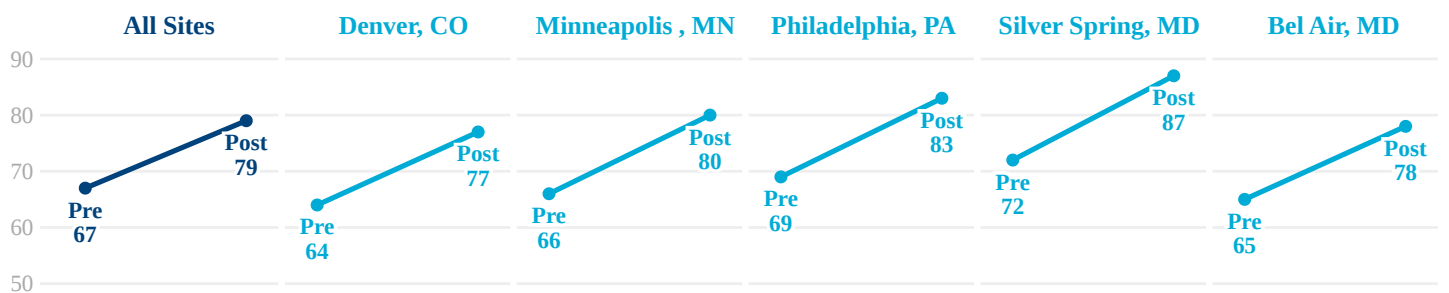


This graph shows the average pre and post PHQ-8 scores for all five Habitat for Humanity affiliates studied. The total score ranges from 0 to 24. A lower score means fewer depressive symptoms.



CAPABLE increased participants' confidence in not falling by 15%

The higher the score the higher the participants' confidence that they would not fall.



This graph shows the average pre and post FES-10 scores for all five Habitat for Humanity affiliates studied. The total score ranges from 0 to 100. A higher score means a higher level of fall efficacy (Higher is Better).

CAPABLE saves money!

By living in a familiar environment that is better adapted to their level of function, older adults are more likely to be able to age in their communities. This can also reduce future health care costs! In one study, the average savings for a CAPABLE participant when followed 24-months later was

\$22,120

compared to the average per person cost of \$2,822 to provide the CAPABLE program. (Ruiz et al 2017).