



The World Needs CAPABLE Carers

Beth Fields, PhD, OTR/L, BCG, University of Wisconsin-Madison

Emily Thompson, OTR/L, PhD Student, University of Wisconsin-Madison

Kate Perepezko, PhD, Miami University

Ava Giatras, OTD, OTR/L

Pamela Toto, PhD, OTR/L, BCG, FAOTA, FGSA, University of Pittsburgh

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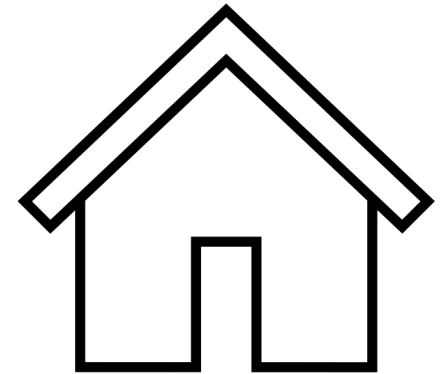


Partnerships

- Johns Hopkins School of Nursing
- Participants
- Community Partners: Allegheny County Area Agency on Aging, Residential Resources
- Providers: Traci Herc (OT), Jessica Smith (OT), Paula McKinley (RN), Bisha Farzansyed (RN)
- Study Team Members: Everette James, Tucker Alchin, Kayla Valente, Junha Park, Caylee Yanes, Molly Ennis

Background

- Older adults (65+) prefer to age in their current homes.
- Carers ('family members and friends') are increasingly involved in facilitating aging in place for older adults.
- Interventions exist to help older adults age in place; however, many of these interventions overlook carers.

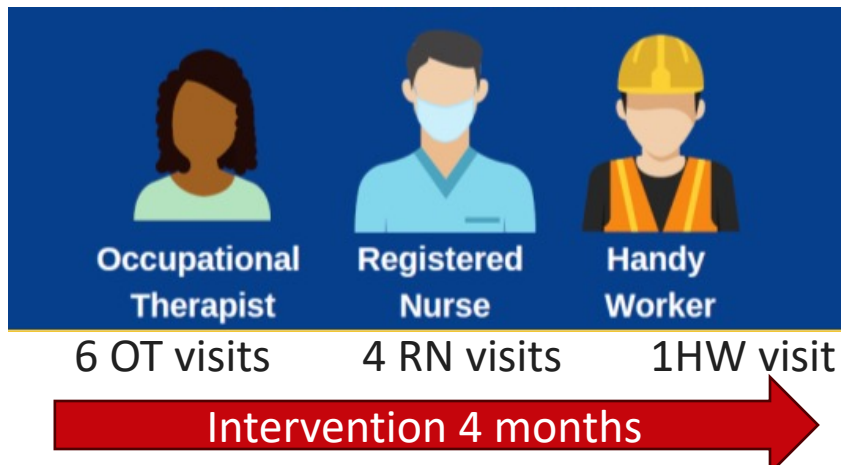




Community Aging in Place Advancing Better Living for Elders (CAPABLE) Intervention

- A person-centered, evidence-based intervention delivered in the home to help older adults age in place
- Benefits:
 - Improves independence, safety, and health
 - Enhances motivation and self-efficacy
 - Lowers healthcare costs
- Assessment, goal setting, problem-solving, home modifications

Szanton et al, 2011



Larger Pragmatic Study

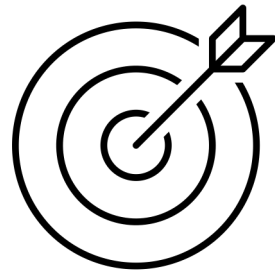
1. Included carers, while maintaining CAPABLE's person-centered approach.
2. Partnered with the Area Agency on Aging (AAA) to identify potential participants.

CAPABLE with Carers

- **Purpose:** To understand carers participation in CAPABLE
- **Methods:** Secondary data analysis using data from a pragmatic trial that delivered CAPABLE to 90 older adults enrolled in AAA services



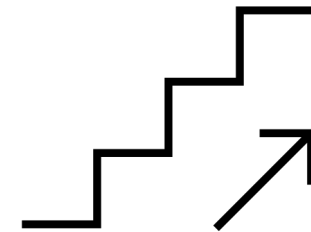
provider contacts



Average # of goals set



Types of goals set



Caregiving intensity



Research Approach: Personas

What are personas?

- Summary profiles of specific types of participants

Why use personas?

- Enhance communication with other researchers, providers, and community members

How are personas developed?

1. Collect data from larger target population
2. Analyze data to identify patterns
3. Create detailed personas
4. Validate personas with research and community team members

Results: Carer Personas (N=37/90)



**Collaborative Candice
(n=7)**

**Safety-Conscious
Savannah (n=6)**

**Passive Peter
(n=24)**

Provider Contacts

Some Contact
(~2 Visits)

Frequent Contact (~3
Visits; Phone Calls)

Minimal Contact
(~1 visit)

of Goals

1 Goals

2 Goals

0 Goals

Types of Goals

Self-Directed

Older Adult Directed

N/A

Caregiving Intensity

8-40hrs/wk

~8-19hrs/wk

~8hrs/wk



Carer Personas



Collaborative
Candice



Safety-Conscious
Savannah



Passive
Peter



Conclusion/Implications

- CAPABLE is an evidence-based intervention that can be implemented with carers.
- Carers can participate in CAPABLE in different ways, influenced by their own decisions and input from the older adult participant.
- Flexible approaches for including carers can facilitate involvement.
- Future Direction:
 - Explore the impact of the level of involvement of carers on older adult intervention outcomes (e.g., goal attainment).



Thank you! Questions?

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ghsrl@education.wisc.edu



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