$2,825
Average CAPABLE program cost per person annually

$2,765 per quarter
- or more than $10,000 per year, on average, for Medicare for at least two years

$7,441
monthly cost of a semiprivate room in a nursing home

Source: http://www.aannet.org/initiatives/edge-runners/profiles/edge-runners/community-aging-place/

The population that was studied: 300 poor or near-poor older adults, nearly 90 percent women, over 80 percent black, with an average age of 75 and multiple chronic medical conditions such as heart disease, arthritis and chronic obstructive pulmonary disease. With it, about 1 in 3 older adults in the U.S. need help with one or more daily activities that make their daily challenges. Eighty-two percent said it enabled them to live at home safer. Nearly 3 in 10 older adults who participated in CAPABLE, nearly $10 in combined savings accrues to Medicare and Medicaid, largely because of hospitalizations and nursing home placements that are prevented, research by Szanton and others has shown. (Many CAPABLE participants are eligible for Medicare and Medicaid because of their low incomes.) The average program cost per person is $2,825, far below the average $7,441 monthly cost of a semiprivate room in a nursing home. With a new grant of nearly $3 million from the Rita & Alex Hillman Foundation, Szanton is turning to expanding CAPABLE across the country.

Currently, the program is available at 26 locations in 12 states, and Medicaid programs in Massachusetts and Michigan have adopted it. For someone who wants to cook meals for themselves, make their beds, use the toilet and walk around without pain or go to church. Seniors often say they want to cook meals for themselves, for their pets, use the toilet and walk around without pain or go to church. The focus then turns to finding practical solutions. For someone who wants to cook but whose legs are weak, that could mean cutting meat vegetables while sitting behind a counter at the stove. A bed may need to be lifted on risers and a grab bar positioned. Lowering a box spring so a person can push herself up to a standing position would help. It also turns out to be a cost-effective investment. For every dollar spent on CAPABLE, nearly $10 in combined savings accrues to Medicare and Medicaid, largely because of hospitalizations and nursing home placements that are prevented, research by Szanton and others has shown. (Many CAPABLE participants are eligible for Medicare and Medicaid because of their low incomes.) The average program cost per person is $2,825, far below the average $7,441 monthly cost of a semiprivate room in a nursing home. With a new grant of nearly $3 million from the Rita & Alex Hillman Foundation, Szanton is turning to expanding CAPABLE across the country.

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