



For more information, contact
North Kansas City Hospital
Home Health at 816.691.1358.

A Partnership



Home Health

CAPABLE

Community **A**ging in **P**lace —
Advancing **B**etter **L**iving for **E**lders



CAPABLE is a five-month program that provides one-on-one care in your home. A registered nurse, occupational therapist and home repair technician make up this in-home support network. This team works together to assess and address your health and safety needs.

Research shows older adults who remain in their own homes feel better and need fewer doctor visits. Our goal is to help you age comfortably in your own home. Here's how our support cares for you.

Registered Nurse

A registered nurse will provide personalized medical care within your home. The nurse will manage pain, monitor medications, assist with fall prevention and more.

Occupational Therapist

An occupational therapist teaches exercises to improve strength, balance and mobility. They also teach skills for daily tasks so you can easily and safely dress, groom, cook and move around your house.

Handyperson

A home repair technician will eliminate hazards within your home by making minor repairs and installing safety features, such as grab bars.

Benefits

- Preserves independent living
- Improves problem-solving skills, self-care and medication management
- Motivates and builds self-confidence
- Reduces hospitalization and nursing home stays
- Reduces symptoms of depression

Who is Eligible?

- 60 years of age or older
- A resident of Clay County, Missouri
- Individual who have some difficulty with daily activities such as bathing, dressing, grooming, eating or walking
- Individuals with certain medical conditions are not eligible for this program.

\$0

cost for participants

(program costs covered by grants)

Lower Healthcare Costs

\$30,000

saved in medical bills

(reduced inpatient and outpatient expenses)