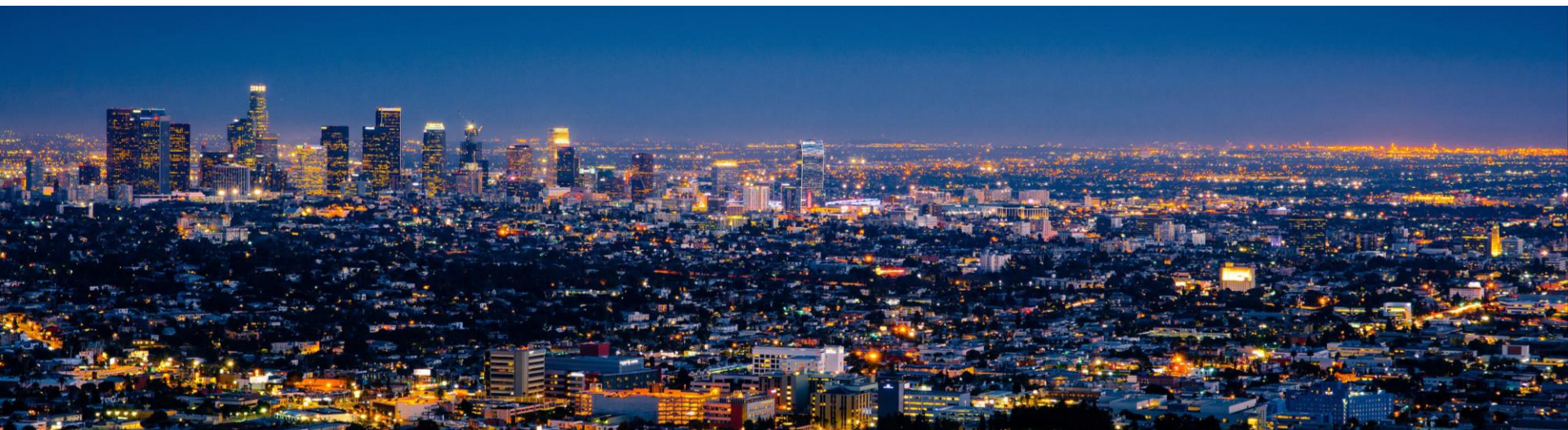
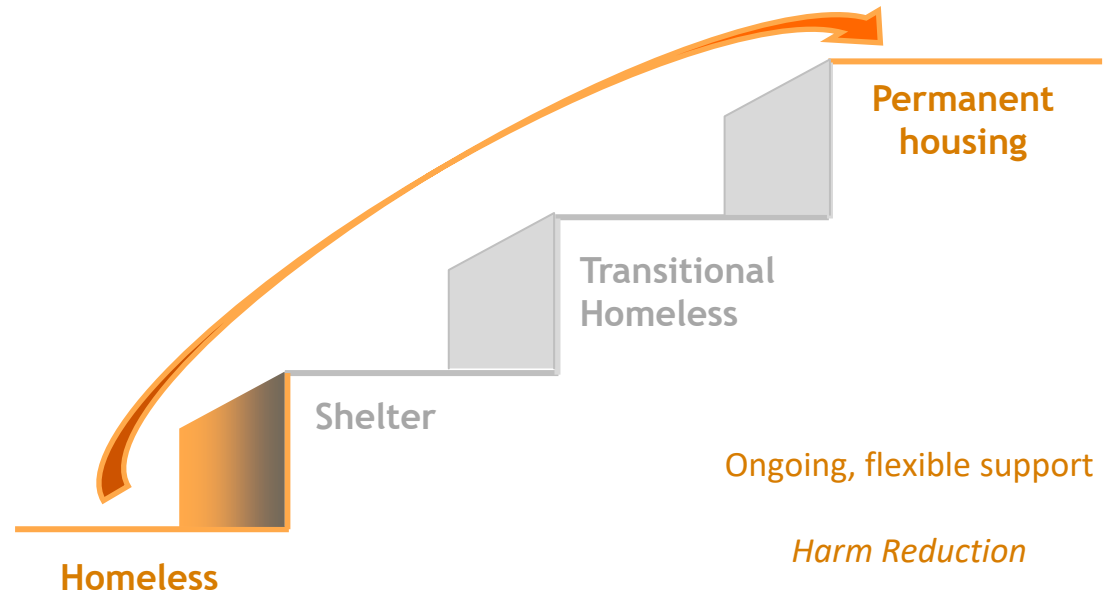
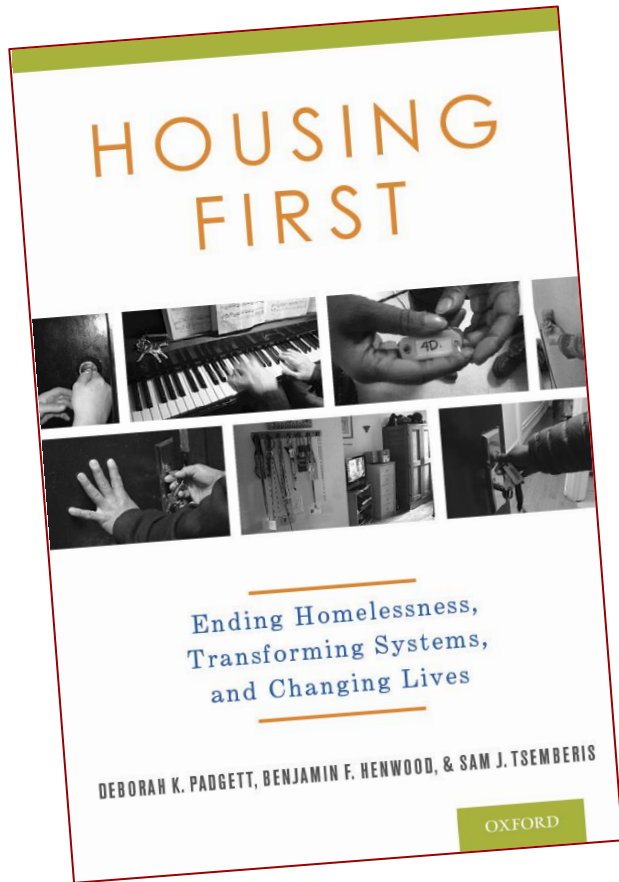




Implementing CAPABLE in permanent supportive housing; *Supporting Aging in Place through evidence-based interventions*

Benjamin Henwood, PhD, LCSW / Professor / April 10, 2024

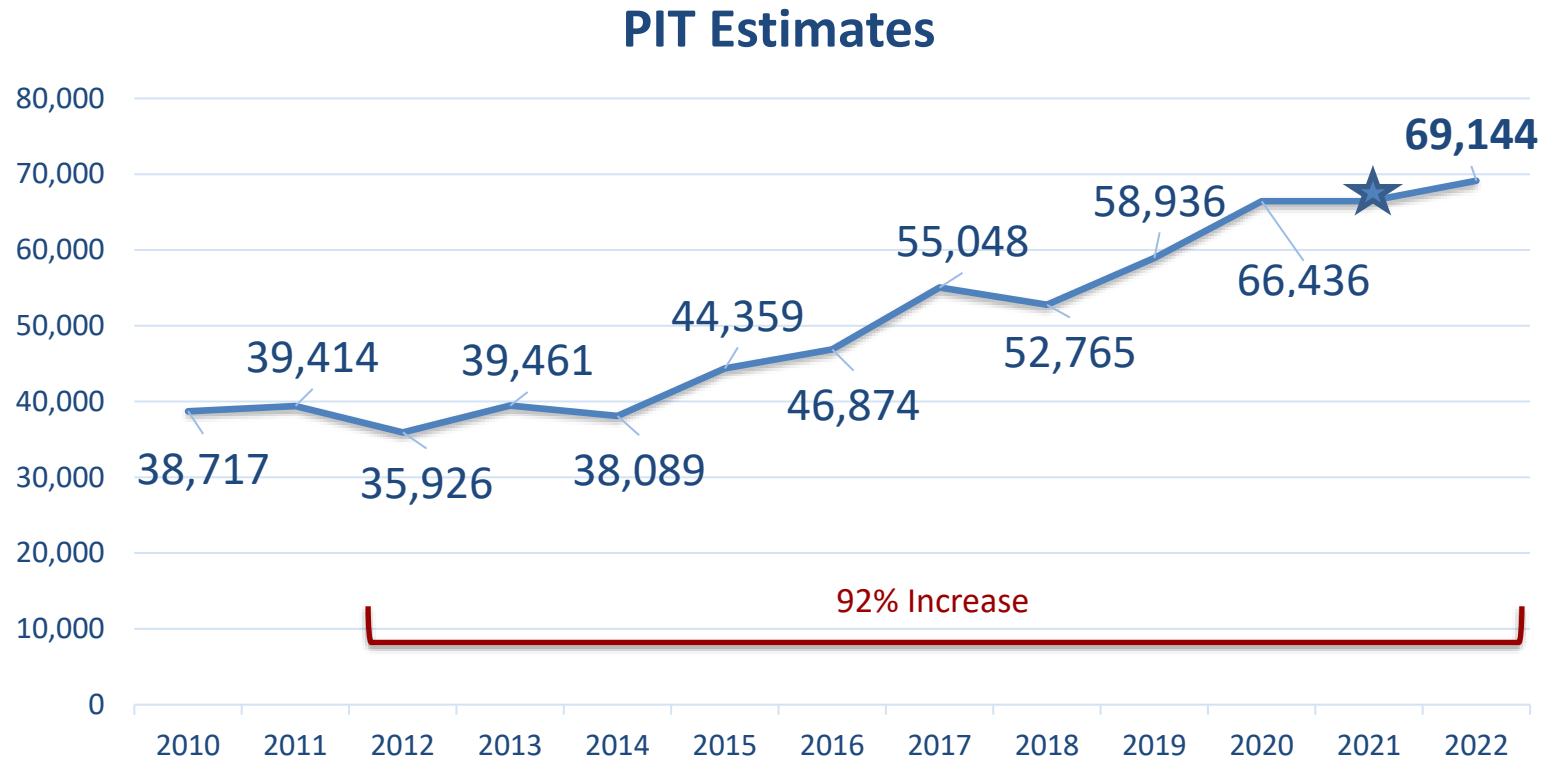




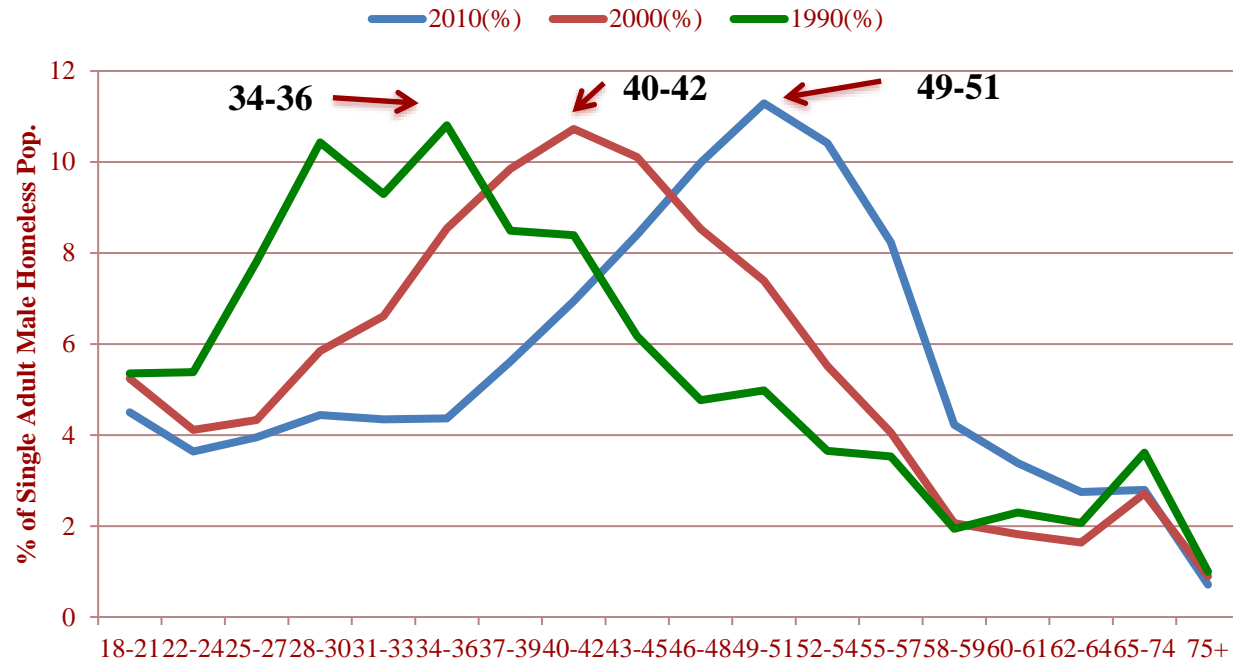
Los Angeles County



*California makes up over 30% of the overall homeless population in the U.S. and over *50% of the unsheltered population*



Chronic homelessness: A cohort phenomenon

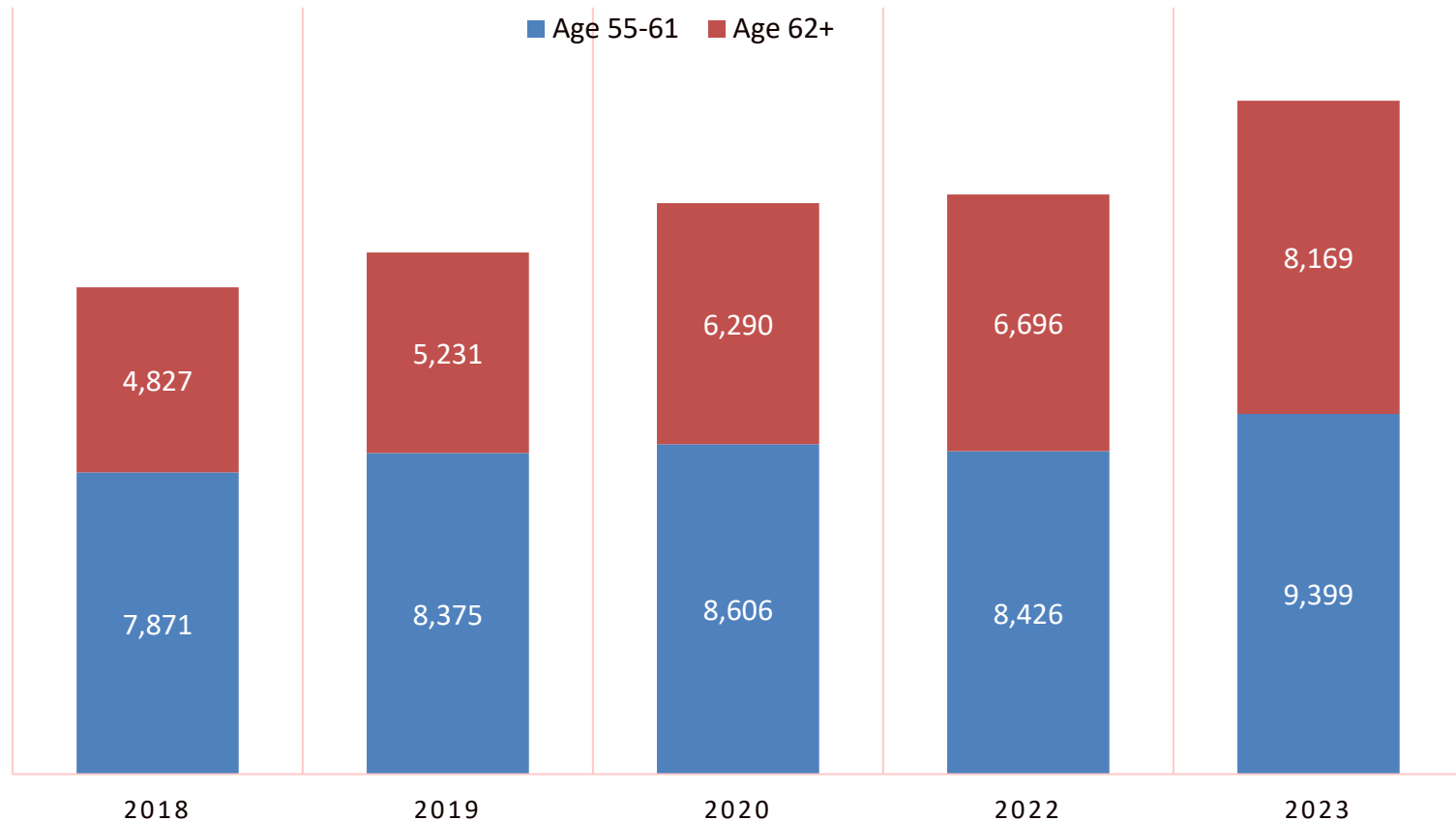


Source: Culhane et al. (2013)/ U.S. Census Bureau Decennial Census Special Tabulation

Point-in-Time Count: *Older Adult Homelessness*



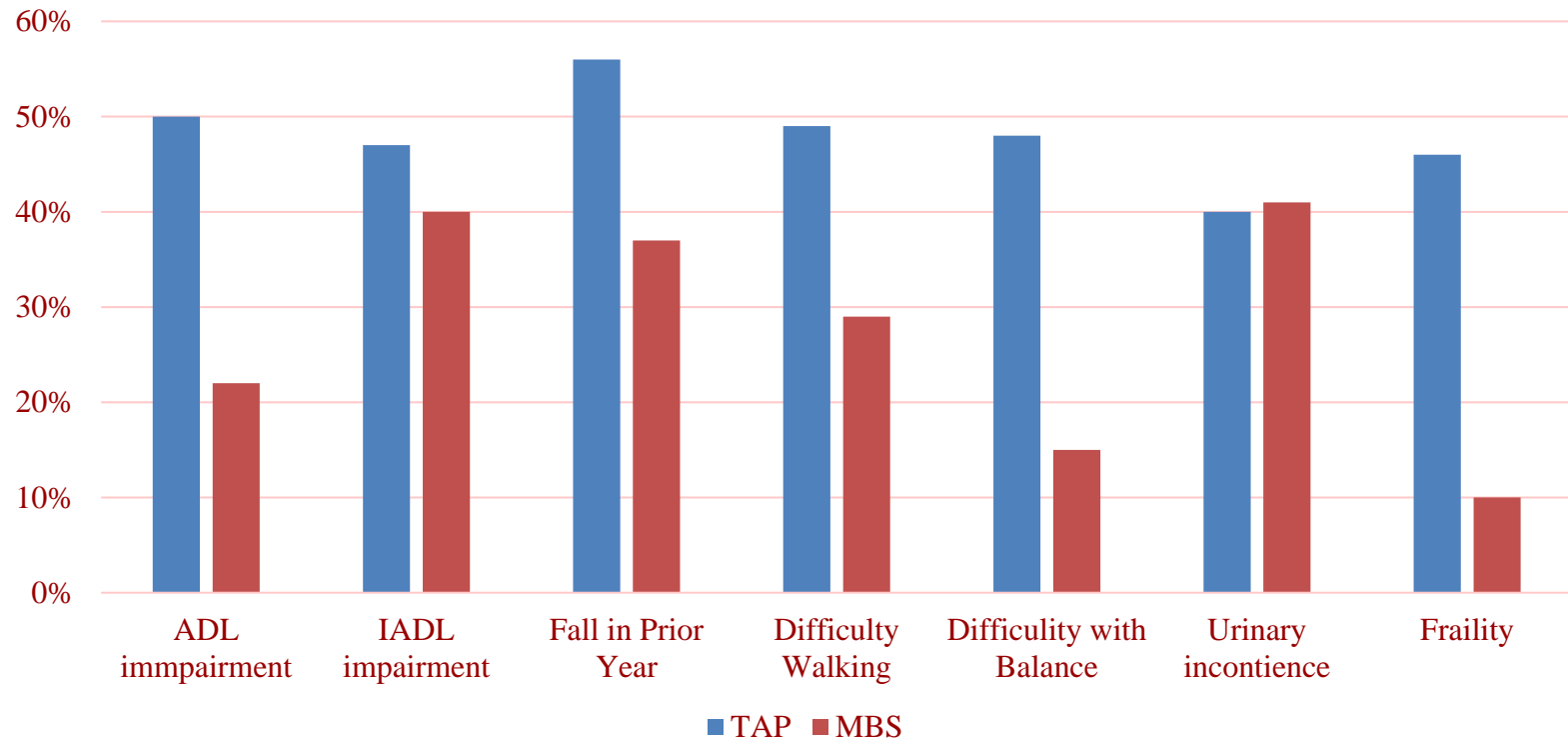
*Unsheltered and Sheltered Adults; 2018 – 2023**



* Due to COVID-19 a PIT count was not conducted in 2021.



Prevalence of Geriatric Syndromes in PSH



Henwood, B.F., Lahey, J., Rhoades, H., Pitts, D.B., Pynoos, J., & Brown, R.T. (2019). Geriatric conditions among formerly homeless older adults living in permanent supportive housing. *Journal of General Internal Medicine*, 34(6), 802-803.



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



- Approved by the National Council on Aging as an evidence-based falls prevention program
 - Reduced difficulties in ADLs (3.9 vs 2 out of 8)
 - Reduced depression
 - Increased motivation
 - Time limited (6 months)
 - CAPABLE is being offered across 21 states, in Canada & Australia
- Occupational Therapist
 - Nurse
 - Handyman

*Randomized Controlled Pilot Study conducted 2020-2022 (N=60)



Henwood, B. F., Semborski, S., Pitts, D. B., Niemiec, S. S., Yay, O., Paone, D. L., & Szanton, S. L. (2023). A pilot randomized controlled trial of CAPABLE in permanent supportive housing for formerly homeless adults. *Journal of the American Geriatrics Society*, 71(5), 1587-1594.



Next steps....

- Partnering with LAC Department of Health Services to discuss the use of CAPABLE and what other intervention are needed to support complex care management.
- Submitted a grant to the National Institute on Aging to conduct a full-blown RCT. If funded,
 - Will pay for over 300 tenants to receive CAPABLE
 - Will look at clinical outcomes and cost-effectiveness
- Begin discussion about sustained funding for CAPABLE and aging services in PSH.



Thank You!

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