

Seeking Participants for CAPABLE Family Research Study

Can you help us identify older adults with mild cognitive impairment or early stage dementia who would be willing to give input about and/or participate in a pilot of new program to help increase independence?

CAPABLE Family Research Study Overview

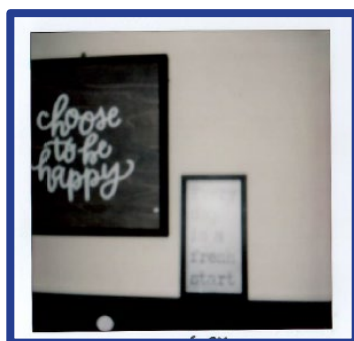
The CAPABLE Family study seeks to adapt the evidenced-based CAPABLE program for older adults with mild cognitive impairment or early stage dementia and family members who assist them. The study has the following components:

- **Discovery Activities** including CAPABLE clinician interviews, older adult and family member photojournal activity, and follow up interviews (Summer 2021)
- **Brainstorm and Feedback Sessions** with older adults, family members, and clinicians about ideas for CAPABLE Family (Sept. 2021)
- **A pilot** of the new program with 55 older adults and their care partners (Fall 2021-Winter 2022)

Current Progress

As part of the Discovery Activities, we have interviewed 15 clinicians from CAPABLE programs across the country about their experiences delivering CAPABLE and the anticipated needs for CAPABLE Family.

Additionally, three older adult and family member pairs have completed the photojournal activity and follow up interviews. The photojournal activity asks the pairs to take pictures of their current experiences about topics addressed by CAPABLE Family (pictured below).



Left: Mood - Encouraging messages from daughter help mom stay positive

Middle: Memory - Calendars "for everything"

Right: Care Relationship - Daily reading time with daughter over the phone allows for local caregiver respite

What's Next

We are looking to enroll additional older adult and family member pairs, as well older adults without participating family members, to partake in the discovery activities. Older adults are eligible if diagnosed with mild cognitive impairment or early stage dementia by a clinician, or as indicated by the MoCA telephone assessment.

In the fall, we plan to begin the CAPABLE Family pilot with older adult and family member pairs and older adults without participating family members. Those who participate in the discovery activities are also eligible to participate in the pilot if they live in the Baltimore vicinity.

Interested in Referring Participants?

For more information on how to refer candidates for the study, please call the study team at 410-324-2511 or email Erika Hornstein, erief1@jhu.edu.