

CAPABLE program saves money for seniors with disability

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(HealthDay)—The five-month Community Aging in Place, Advancing

Better Living for Elders (CAPABLE) program is associated with lower Medicaid spending, according to a study published online Nov. 22 in the *Journal of the American Geriatrics Society*.

Sarah L. Szanton, Ph.D., from the Johns Hopkins University in Baltimore, and colleagues examined whether the CAPABLE program saves Medicaid money in a single-arm clinical trial with 204 participants matched with a group of 2,013 individuals dually eligible for Medicaid and Medicare. Participants were aged 65 years and older with reported difficulty in at least one activity of daily living. CAPABLE is a five-month program designed to reduce the health effects of impaired physical function in low-income seniors using an interprofessional team to help attain self-identified functional goals.

The researchers found that the average Medicaid spending was \$867 less per month per CAPABLE participant compared with matched comparison counterparts during an average observation period of 17 months. Inpatient care and long-term services and support had the largest differential reduction in expenditures.

"CAPABLE is associated with lower likelihood of inpatient and long-term service use and lower overall Medicaid spending," the authors write. "The magnitude of reduced Medicaid [spending](#) could pay for CAPABLE delivery and provide further Medicaid [program](#) savings due to averted services use."

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