

# Tailoring Your Knowledge Translation Strategies for Your Intended Users

KTDRR's 2023 Virtual KT Conference

November 6, 8, and 9

Center on  
**KNOWLEDGE TRANSLATION FOR  
DISABILITY & REHABILITATION RESEARCH**

# Making Older Adults More CAPABLE: Lessons Learned Implementing an Aging-in-Place Program

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National Rehabilitation  
Research and Training Center  
on Family Support

# Disclosures and Partnerships

- ▶ The National Institute on Disability, Independent Living, and Rehabilitation Research (90RTGE0002)
- ▶ Johns Hopkins School of Nursing
- ▶ Community Partners: Allegheny County Area Agency on Aging, Residential Resources
- ▶ Interventionists: Traci Herc (OT) and Paula McKinley (RN)
- ▶ Study Team Members: Everette James, Tucker Alchin, Kayla Valente, Junha Park, Caylee Yanes, Molly Ennis, Ava Giatras

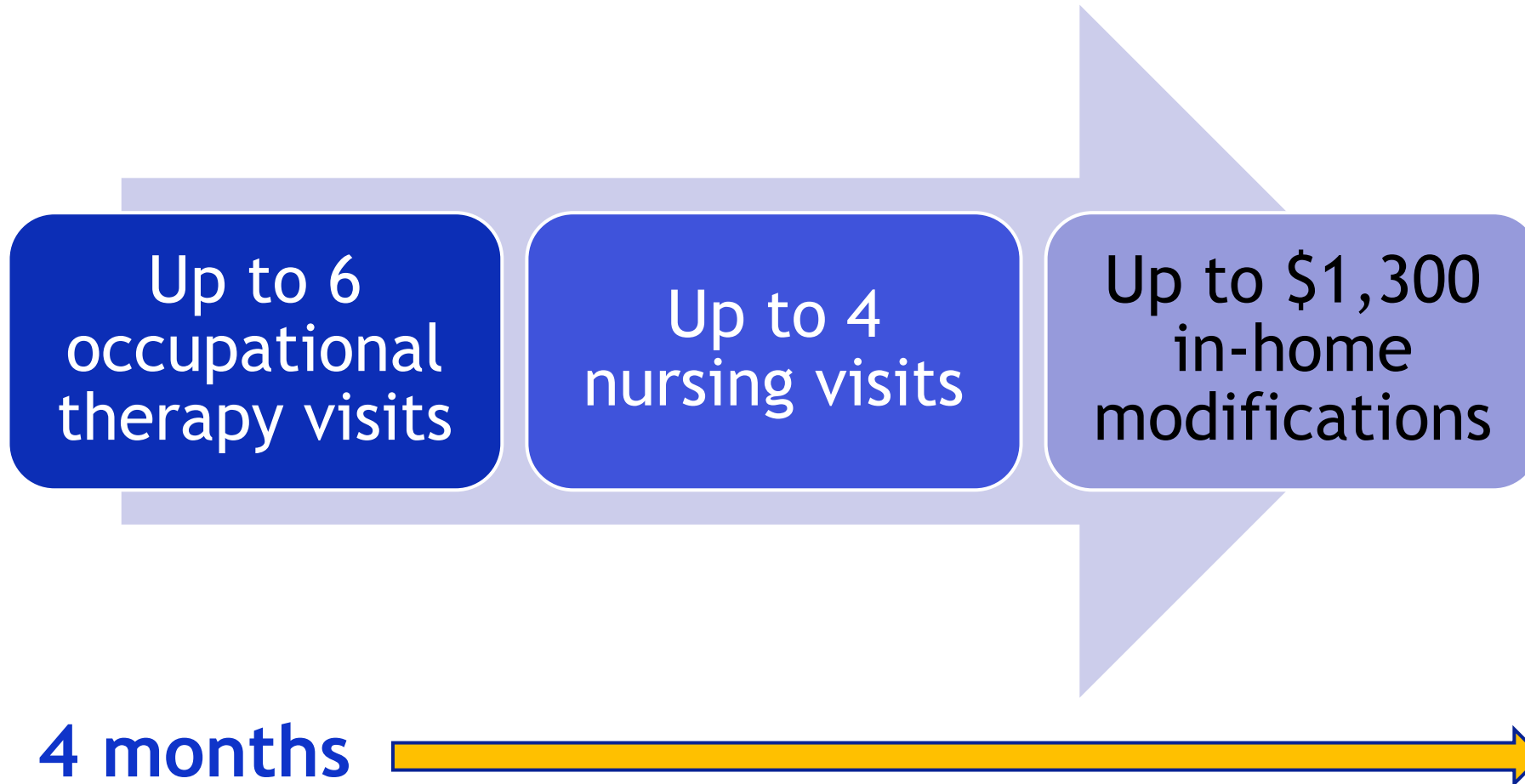
# CAPABLE Background

- ▶ Community Aging in Place – Advancing Better Living for Elders (CAPABLE)
- ▶ A person-centered intervention delivered in the home to help older adults age in place
  - Assessment, goal setting, problem-solving, home modifications

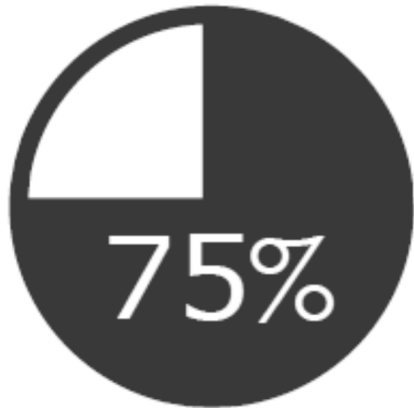


(Szanton et al., 2011)

# What Is the Timeline?



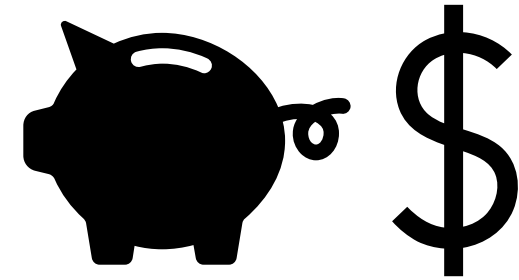
# Outcomes Demonstrating CAPABLE Success



**Improved their  
independence in daily  
activities**



**Cut their disability in half  
(# of self-care tasks with  
difficulty)**



**\$3K cost yielded \$30K  
savings in inpatient &  
outpatient expenditures**

(Szanton et al., 2017, 2019)

# Need for Our Project

- ▶ CAPABLE has not been implemented and tested in an Area Agency on Aging (AAA) with consumers who are not eligible for Medicaid waivers
- ▶ CAPABLE has not included care partners.

# Our Project Timeframe

## Pilot Test CAPABLE with AAA and Care Partners (2020-2021)

Pilot with older adults and care partners (n=12)

Telephone-based individual interviews with older adults and care partner ('dyads') interested in CAPABLE (n=10)

Focus groups with administrators and case managers from AAA (n=14)



## Deliver CAPABLE and disseminate products (2022-2024)

Deliver program to older adults and care partners (n=90)

Communicate with AAA about needs and progress, hold interventionist meetings to discuss needs and successes, intervention progress monitoring



# Consolidated Framework for Implementation Research (CFIR)

## Intervention characteristics

### **Adaptability**

- (+) Adding care partner to intervention
- (+) Expanding inclusion criteria related to disability

### **Complexity**

- (-) Number of interventionists
- (-) Length of service
- (-) Adding care partner

### **Cost**

- (+) Low-cost attractive to agencies
- (+) Free to older adults
- (-) Unable to cover higher cost modification (e.g. stairglide)

## Outer setting

### **Client needs and resources**

- (-) Initial referrals inappropriate or unable to tolerate intervention (e.g. disability, caregivers)

## Inner setting

### **Networks and communication**

- (+) New enrollees
- (+) Study screen for cognition
- (+) Care partner; physical or social support
- (-) Large number of care managers within an agency

## Characteristics of individuals

### **Knowledge and beliefs**

- (+) Intervention targets preventing or delaying need for additional HCBS
- (+) Experience working in the community with older adults
- (-) Different model than home health

### **Self-efficacy**

- (+) Ability to establish rapport with dyad

## Process

### **Planning**

- (+) Standardized assessment tool
- (+) Electronic documentation
- (+) Flowchart for visits
- (-) Need duplicate information sheets

### **Executing**

- (+) Value and purpose of visits
- (-) Electronic documentation
- (-) Scheduling visits with dyads
- (-) SAFER HOME

### **Reflecting and evaluating**

- (+) Goal setting
- (-) Some inappropriate dyads



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Special Issue: Implementation Science in Gerontology: Intervention Research

### **Implementing CAPABLE With Care Partners Through an Area Agency on Aging: Identifying Barriers and Facilitators Using the Consolidated Framework for Implementation Research**

Pamela E. Toto, OTR/L, BCG, FAOTA, FGSA,<sup>1,\*</sup> Tucker Alchin, OTS,<sup>1</sup> Caylee Yanes, OTR,<sup>1</sup> Junha Park, BSN, RN,<sup>2</sup> and Beth E. Fields, PhD, OTR/L, BCG<sup>3</sup>

# Our Project Timeframe (cont'd)

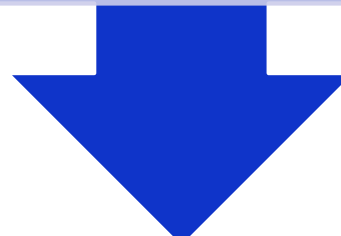


## Pilot Test CAPABLE with AAA and Care Partners (2020-2021)

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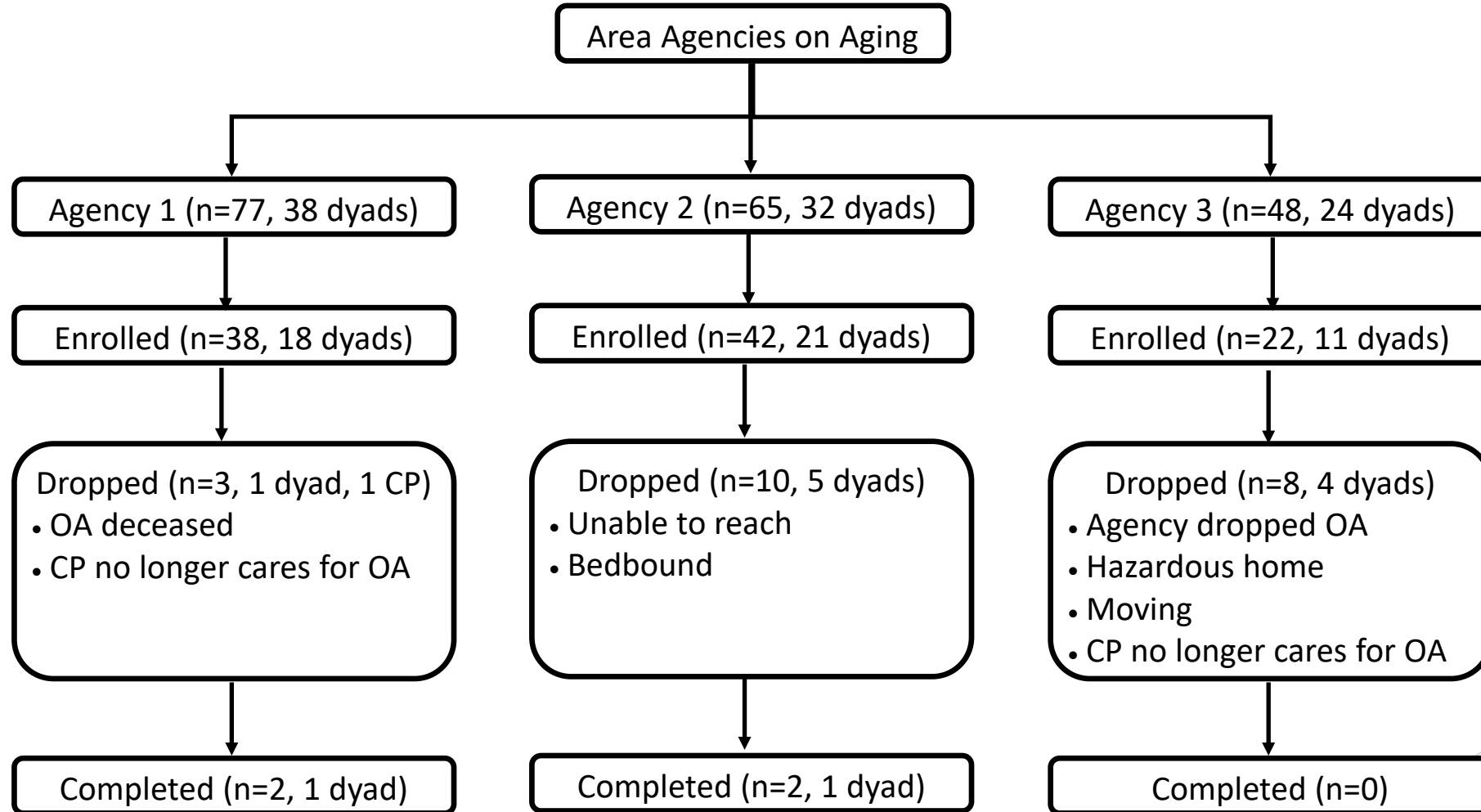


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# Current Status



# Barriers Identified During Implementation

Data Source	Barrier	Evidence
AAA communications	Limited number of referrals for potential participants	Average referrals/agency = 2/month
Team meetings	Referrals do not meet eligibility criteria	Enrollment rate from referrals = 53%
Participant logs	Many participants enrolled in CAPABLE do not complete the program	Program completion rate = 63%

# Strategies to Address Barriers

**Few Referrals**

- Expanded eligibility criteria
- Sent routine progress updates to AAA

**Poor Program Fit**

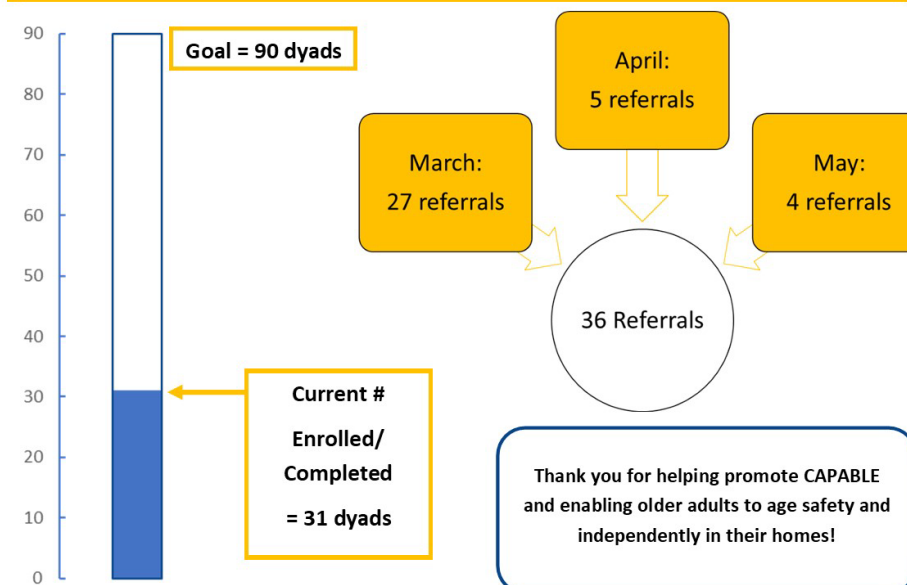
- Prioritized educational meetings with the AAA

**Low Program Completion Rate**

- Tailored intervention duration to participant needs
- Decreased time between referral, baseline visit, and first program visit



#### Status Update (March—May)



# PARTICIPANT 21 CAPABLE SUMMARY

02/10/22

RECEIVED REFERRAL  
FROM:  
LIFESPAN

## STUDY ACTIVITIES

Start Date: 02/17/22

End Date: 10/17/22

Number of Visits: 4 OT visits, 4 RN visits

## GOALS SET:

### INCREASE STRENGTH & MOVE SAFELY AROUND HOUSE

- Limited activity
- Unable to walk up steps
- Fear of falling



### PROBLEM AREAS

### ADDRESS INCONTINENCE

- Occasional leaking when moving toward bathroom
- Wears depends all the time

### ADAPTED ENVIRONMENT & TAUGHT PROBLEM SOLVING

- Walked around home without cane.
- Made home modifications: grab bars.
- Used grab bars to steady self around the house.

### SUCCESSFUL STRATEGIES



### TAUGHT EXERCISES

- CAPABLE Exercises & kegel exercises practiced.
- Able to make it to the bathroom without leaking.

## GOALS ACHIEVED:

IMPROVED  
MOBILITY IN THE  
HOME &  
ADDRESSED  
INCONTINENCE



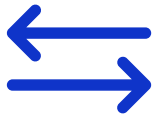
# Key Takeaways



- ▶ Communicating regularly with study partners and interventionists helps to identify implementation barriers early.



- ▶ Sharing success with the team during project implementation can reinforce study purpose and needs.



- ▶ Adapting project activities, while maintaining intervention fidelity, can improve retention.

# References

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# Thank you!

- ▶ Questions?
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**Q&A**

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