

Do you want to stay at home as you get older?

What is CAPABLE?

The Community aging in Place, Advancing Better Living for Elder's (CAPABLE) is a client directed home-based intervention to increase mobility, function, and capacity to “age in place” or “age in community”.

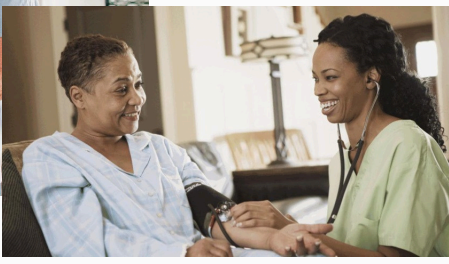
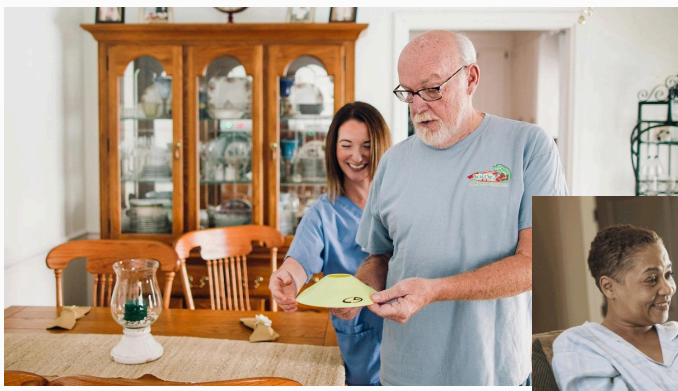
Lewiston Housing & Androscoggin Home Healthcare + Hospice are working together to provide homeowners the opportunity to stay in their home as they get older.

The CAPABLE program coordinates the services of an occupational therapist, nurse & handyman to assist with a person’s self-identified key challenges and make home repairs to assist with these goals.

How it Works!

- Initial screening and interview by Lewiston Housing staff
- The OT & nurse come to the home to deliver services over a period of time. In most cases the OT makes 6 visits, and the nurse makes 4 visits.
- The handyman completes minor repairs and accessibility to the home based on an evaluation completed by the occupational therapist.

It's All Free to you!



We are here to help!!!
For more information please call
Chelsea Steele
CAPABLE Coordinator
Lewiston Housing

 **207-713-5363**

 csteele@lewistonhousing.org

CALL TODAY!

To participate you must:

- Be 62+ or disabled
- Own a home or live with someone who owns their own home
- Live in Androscoggin County
- Want to improve on the way you perform at least 1 living daily skill such as bathing, dressing, cooking, taking medication or cleaning your home.
- Meet income guidelines

