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**American Academy of Nursing Designates Sarah Szanton an Academy Edge Runner for
“Community Aging in Place: Advancing Better Living for Elders (CAPABLE)”**

*Nurse-Designed Intervention Decreases Older Adult’s Disability and Improves
Strength and Self-Care Skills*

Washington, D.C. (January 8, 2018) — The American Academy of Nursing today recognizes Sarah L. Szanton, PhD, ANP, FAAN, as an Academy Edge Runner for her successful intervention, “Community Aging in Place: Advancing Better Living for Elders (CAPABLE).” The Academy’s *Raise the Voice* Edge Runner initiative recognizes nurse-designed models of care or interventions which improve health, impact cost and influence policy.

Today’s scientific breakthroughs often mean greater lifespans for older adults. Despite advances in science, however, it is often an older adult’s ability to successfully manage routine, everyday life functions -- such as bathing, dressing and preparing food -- which determines their level of independence and ability to avoid admission to a hospital or nursing home. Low-income older adults, lacking the resources to make necessary home modifications or hire others to help with every-day functions, are particularly vulnerable to losing the opportunity to age comfortably at home.

Dr. Szanton and her cross-disciplinary colleague, Dr. Laura Gitlin, designed CAPABLE to deliver a personalized, at home, intervention which decreases disability and improves physical strength and self-care skills of older adults. Dr. Szanton’s intervention has successfully reduced fall fractures, medication dosing errors and poor nutrition, three common causes of hospitalization and nursing home admission.

“CAPABLE demonstrates the value and effectiveness of patient-centered care,” said Academy President Karen Cox, PhD, RN, FAAN. “By first understanding life’s everyday challenges from the perspective of each older adult, Dr. Szanton’s intervention designs a personalized plan which improves the specific physical and mental capabilities necessary to support that person’s ability to age at home.”

Seventy-five percent of low-income older adults on Medicaid and Medicare who participated in CAPABLE improved their self-care over the course of five months, with the average CAPABLE participant cutting in half their disability.

“On behalf of my colleagues and my extraordinary patients, I am honored to be designated an American Academy of Nursing Edge Runner,” said Dr. Szanton.

[An Edge Runner profile of the CAPABLE program is available here](#)

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The American Academy of Nursing (www.AANnet.org) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy’s more than 2,500 fellows are nursing’s most accomplished leaders in education, management, practice, and research. They have been recognized for their extraordinary contributions to nursing and healthcare.

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