SASH
SUPPORT & SERVICES at HOME
a caring partnership

What is SASH?

Support And Services at Home (SASH) is a collaborative program that offers coordinated supportive services where you live. We will work with you to **assess your health and wellness needs, connect you with resources, and meet your goals.**

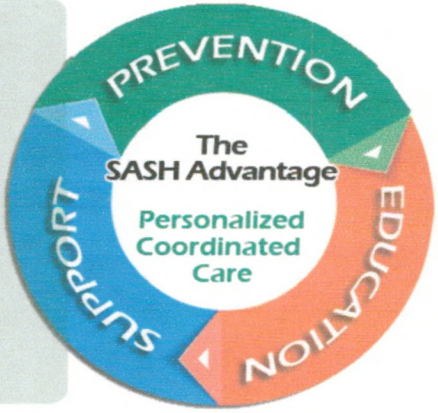
What Does SASH Provide to Participants?

- Comprehensive Health and Wellness Assessment
- Healthy Living Planning – In which we provide you with tools and resources to meet your wellness goals
- Informed Team to Help in Crisis
- Support With Transitions Back Home From a Hospital or Rehab Stay
- Community Healthy Living Plan – Which offers **free** exercise classes, education, and opportunities to socialize with peers
- Check-ins & Coaching
- Wellness Nurse Supports

SASH is person-centered - We want to know you and your preferences.

SASH is focused on prevention, education and support - We want to give you the education and tools you need to meet your health and wellness goals.

Your SASH team will use its varied experience to **link you to the programs and services** that best meet your needs.



For more information contact
Alicia Moyer, SASH coordinator
(802)365-3753(Monday and Wednesday
(802)365-4115 ext 108 (Tuesday and Thursday)

"SASH keeps me motivated"
SASH Participant

If you are interested in learning more about SASH and how we could help you or a loved one, please contact the coordinator below to see if you are located in a SASH service area.

Family members and support persons are encouraged to be part of all meetings, including the development of your Healthy Living Plan.

Alicia Moyer, SASH Coordinator

Grace Cottage Office (Mon & Wed)
Phone: (802) 365-3753

Valley Cares Office (Tues & Thurs)
Phone: (802) 365-4115 Ext. 108

www.sashvt.org

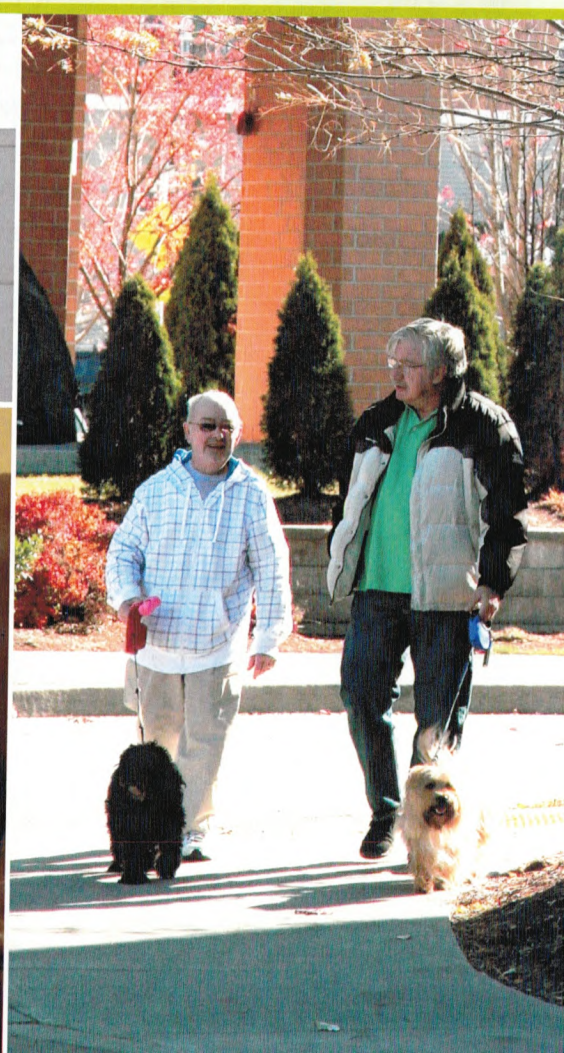
A PROGRAM PIONEERED BY Cathedral Square

SASH

a caring partnership

SUPPORT AND SERVICES at HOME

A caring partnership to help you stay at home and stay healthy



Oftentimes older adults and people with disabilities find navigating through our health care system and finding available resources overwhelming. Just knowing where to go for guidance or health advice can make a big difference.

The SASH Program is designed to provide ***personalized coordinated care to help participants stay safely at home*** regardless of their age or residential setting.

What is SASH?

SASH *(Support And Services at Home)* is part of the Blueprint for Health, Vermont's statewide health care reform initiative. SASH helps Vermont's most vulnerable citizens, seniors and individuals with special needs, access the care and support they need to stay healthy while living comfortably and safely at home.

SASH is available in many communities throughout Vermont and serves primarily persons 65 and older and persons with disabilities. ***Participation is voluntary and free of charge.*** SASH communities include a care coordinator and wellness nurse who work in partnership with a team of community providers to assist SASH participants.

"Through the SASH program, housing, health and service providers are finally able to collaborate fully. This greatly benefits our residents in providing effective support in their efforts to maintain health and live in their homes."

Eileen Peltier
Executive Director
Central Vermont Community Land Trust

Why SASH?

With the guidance of SASH staff, SASH participants determine their own health and wellness goals. Three areas are focused on to ensure goals are met:

- Preventative health care and services coordination
- Self-management education and coaching, particularly relating to chronic health conditions such as diabetes and arthritis
- Transitions support after a hospital, nursing home or short-term rehab facility stay

Benefits to SASH Participants

- Improves quality of life
- Comprehensive health and wellness assessment
- Individualized Healthy Living Plan
- Money savings through preventative health care
- Check-ins and health coaching
- Convenient access to a wellness nurse
- Planning for successful transitions
- A trusted guide to help navigate long-term care
- An informed team to help in a crisis
- Access to prevention and wellness programs
- Medication management assistance