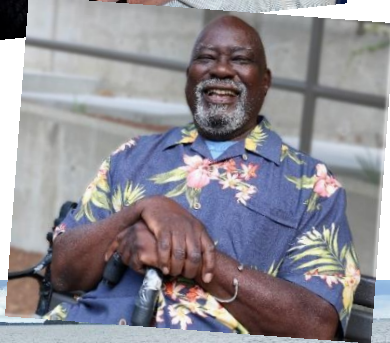


WE'RE HERE FOR YOU!

What is SASH? SASH is “Support and Services at Home,” a completely **free** and voluntary program that provides helping hand in staying safe, healthy and living at home. We work with you to **assess your health and wellness needs, connect you with resources, and help you meet your goals** — goals *you* decide for yourself.



What Do SASH Participants Receive?

- A comprehensive Health & Wellness Assessment, updated yearly
- A personalized Healthy Living Plan, based on your self-identified goals

- Access to fun and informative events as part of your local Community Healthy Living Plan — including group outings, exercise classes, educational programs, workshops, and opportunities to socialize with peers

- Regular check-ins and support from your SASH Coordinator and SASH Wellness Nurse
- Support in making a successful transition back home after a stay in a hospital or rehab facility
- An informed team to help in a crisis or special time of need



SASH is person-centered...around YOU. We get to know you and your preferences, which guides everything we do.

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

SASH links you to programs and services that best meet your needs, based on the varied expertise and affiliations of SASH team members.



For more
information
contact:

Jessy Cudworth, SASH Coordinator, 802-365-4115 ext 108
or jcudworth@valleycares.org

www.sashvt.org

Frequently Asked Questions About Program Benefits

Who and what is SASH?

Support and Services at Home (SASH[®]) is a caring partnership of local agencies working together to help individuals stay healthy and remain living at home. The program is brought to this community by our local SASH Coordinator, our part-time Wellness Nurse and the following SASH partners in our community:

- * Valley Cares, Inc.
- * VNA of VT/NH (Visiting Nurses Association & Hospice of Vermont & New Hampshire)
- * Senior Solutions (Council on Aging for Southeastern Vermont)
- * HCRS (Health Care and Rehabilitation Services)
- * Bayada Home Health
- * Grace Cottage Hospital

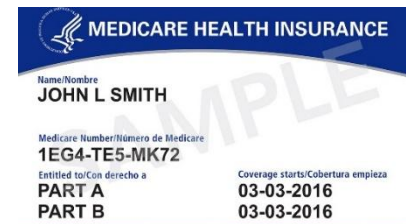
Are there fees?



No, none. You do not pay anything to participate in SASH, and your insurance isn't billed. Ongoing support and care coordination by SASH staff are provided free of charge. Some services and events provided by *other* agencies and offered to our community may involve a fee, but you will know about this beforehand so you can choose to participate or not.

Who can enroll in SASH, and what does it involve?

You can sign up for SASH if you have Medicare. Enrolling is easy — all it takes is providing your Medicare number and your signature on a few forms. That way we make sure we have the necessary authorizations from you, and we can make sure that you understand our services, your rights and your responsibilities.



Signature

What about my privacy?

You will need to provide some personal information to SASH staff, but we are bound by the same privacy regulations ("HIPAA") as your doctor's office or any other health-care provider. *Your privacy and control over your information is very important to us, and we take it seriously.* We will review federal HIPAA regulations with you so you can know exactly how we use — and guard — your information. Please talk with your SASH Coordinator about your wishes regarding the privacy of your photos, birthdays and contact information.

What does SASH look like?

It looks like the faces of your SASH staff — your local SASH Coordinator and Wellness Nurse — who offer you *individualized help and support*, with regular presence in the building during office hours. It also looks like *health*



and wellness, through regular programs and activities offered right here in your day-to-day world. SASH staff work to build a culture of health and social well-being through programming based on a "**Community Healthy Living Plan**" developed with input from residents and updated twice a year. Activities include health presentations, regular blood-pressure clinics, group exercise programs, and community socials and outings. A monthly newsletter called the "SASH Flash" makes sure you know everything that's happening!



(continued)

WHY should I enroll?

It's a great program! Enrolling is good for you and your health. A federal study shows that SASH participants have much better health and well-being. It's also comforting to know that you will have the personal assistance of your SASH team if health challenges arise. Here are a few examples of how we help:

- We'll provide a free **Health & Wellness Assessment**, which helps you (and us) know where you may have challenges and how we can be most helpful to you. Then we'll help you put together a **Healthy Living Plan** — an action plan based on what YOU decide is important, to help you get to where you want to be.
- At your request, we'll provide one-on-one support and "check ins" about the things that matter to YOU, as well as helpful information and referrals to the many health and social services in the community. We can help you connect to specific agencies, classes, health professionals and others to get you what you need.
- With your permission, we'll connect everyone on your team — family members, friends, health providers and others — and make sure they're on the same page. That way everyone will know to be most helpful to you, and you won't have to tell your story multiple times! We meet monthly with all of the SASH partners to coordinate any care you may need.
- Transitions: We'll follow you and your health situation if things get tough — if you fall or go to the emergency room, hospital, etc. — and make sure your health providers know your needs and concerns so you can get back home as soon as possible. And when you return, we'll check in on you to make sure you have what you need.



YOU drive the bus!

SASH is completely voluntary. We like to say that you drive the bus because YOU are the boss. As a SASH participant, you will receive as much or as little support as you want, and you can enroll, withdraw or re-enroll at any time. SASH will *always* support you and YOUR wishes.

More Helpful Information

- Your regional SASH program manager is **Jessy Cudworth** at Valley Cares, Inc. 451 Grafton Rd., Townshend, VT 05353. You can reach Jessy by emailing jcudworth@valleycares.org or calling 802-365-4115 x108.
- SASH maintains a directory of **evidence-based programs** that are proven effective in addressing common health problems such as falls, diabetes, chronic pain, loneliness, and planning ahead for aging well. We develop group programming for our community based on these programs and the needs identified by our SASH participants.
- **SASH complies with all state and federal laws concerning privacy and confidentiality** of health and personal information. All participants receive a written notice of our privacy practices when they enroll.
- **SASH welcomes the participation of all** eligible community members regardless of their health-care needs, income or protected status.