

SASH

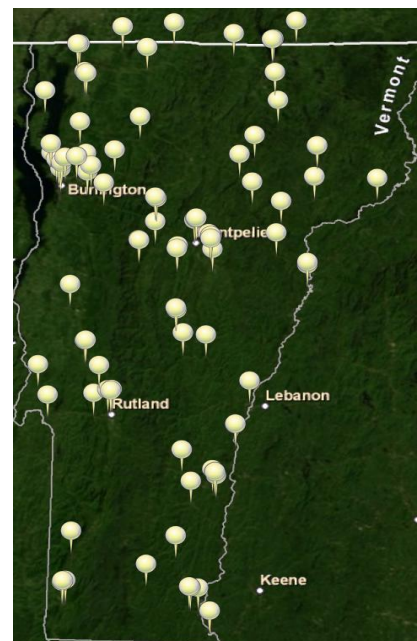
SUPPORT & SERVICES
at HOME

a caring partnership

SASH brings a care partnership together to support aging at home. The partnership connects the health and long-term care systems to nonprofit affordable housing providers statewide. Together these systems can assure access to the services necessary to remain safely at home. The SASH teams at 112 subsidized housing communities across Vermont, will serve low income residents and Vermonters living in the community surrounding the subsidized housing. By embedding care management and coordination programming in the home, the barriers to self management that are particularly acute among the poor elderly can be reduced by fostering person centered approaches. By incorporating the SASH program into Vermont's overall health care reforms Vermont addresses the underlying causes of avoidable Medicare and Medicaid expenses. SASH builds on the advantages of congregate housing: large numbers of seniors living under one roof and large numbers of housing sites across the state to serve as ready-made service hubs.

SASH is part of Vermont's medical home health care reform model. SASH provides support to health care providers through one streamlined collaboration of community providers, at housing based SASH service hubs. SASH provides the care coordination, transitions planning and self management education that help lower income residents navigate the complex service delivery system - improving outcomes and reducing expenditures. Indeed, those are the three interventions that have proven to reduce hospitalizations for Medicare beneficiaries. Each SASH site selects best practices from the SASH Evidence Based Practices Directory. Through SASH, rural medical practices and community health teams will have a deeper reach and more profound connection with the highest need populations throughout Vermont – the poor elderly and others with service needs.

The SASH team (including the VNA, Area Agencies on Aging, mental health providers, subsidized housing providers and other local providers) connects agencies without duplicating services. The SASH team is anchored by a housing based care coordinator (SASH Coordinator) and a wellness nurse. The on-site SASH staff has daily contact with residents enabling targeted interventions. The wellness nurse provides in-person coaching on proper medication management, monitors vital signs, and provides intensive self-care counseling and education post-discharge from hospitals and nursing homes. Essentially, the housing based SASH staff serve as extenders to primary care providers and the aging services network – all working together to keep seniors and others with service needs safe at home.



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112 Public Housing and Nonprofit
Communities in Vermont