

We're here for you!



WHAT IS SASH[®]?

SASH[®] (Support and Services at Home) is a free* and voluntary program that **helps you stay safe and healthy while living at home**. We work with you to go over your health and wellness needs, connect you to resources, and help you meet your goals around what matters most to you.

Community Health Worker supports:

- Your needs and what's important to you
- Identifying goals together
- Participation in activity programs such as Tai Chi, Bone Builders, and walking groups
- Social engagement such as coffee hours, holiday get-togethers, crafting, and cards
- Help fill out health-related paperwork
- Emotional support

Wellness Nurse supports:

- Access to health care needs
- Medication and health concerns
- Assistance with needs and referrals to make sure you are supported at home
- Wellness prevention and annual health assessment
- Monitoring of blood pressure
- Occasional classes and education on health-related topics

To learn more about SASH, sign up, or refer, visit:

www.SASHVT.org or call 802-863-2224

**SASH is a free program for Medicare enrollees.*

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SASH Participants Receive:

- A yearly Health & Wellness Assessment with your SASH Coordinator and Wellness Nurse
- A Healthy Living Plan, based on what matters most to you
- Access to fun and educational events as part of your local Community Healthy Living Plan — including group outings, exercise classes, educational programs, workshops, or opportunities to socialize with peers
- Regular check-ins and support from your SASH Coordinator and SASH Wellness Nurse
- Support in making a successful transition home after a stay in a hospital or rehab facility
- A knowledgeable, locally based team to help in a crisis or special time of need

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