

How a SASH Wellness Nurse Can Help You

SASH is here to support you when you need extra help with your health. We like to get to know you when you're feeling well so we can help if things change. Being part of SASH also means you can join our group programs and get help from the SASH coordinator and wellness nurse who specialize in supporting people living independently at home.

What does a wellness nurse do?	What can a wellness nurse help support you with?
Health and Wellness Guidance A wellness nurse helps you stay healthy and get the care you need. They do not handle emergencies, but they can help with things like: • Teaching you about health and wellness • Checking blood pressure and showing you how to use a home blood pressure cuff • Helping you understand and manage your health conditions • Doing a yearly wellness review • Helping you set and reach health goals	Getting Health Care • A nurse can help you find doctors, dentists, and other care providers. • The SASH team works with local agencies to get you the help you need to stay safe at home. • Nurses can advocate for you to help get your needs met.
Review Medications • A nurse can check your medications to make sure they match what your doctor prescribed. • They can teach you or a caregiver how to organize and remember your medications.	Medication Management Support • If you need extra help, they can talk with you about pre-filled medication packs or home delivery or teach you or a caregiver how to fill your med box. Or discuss other in-home management options.
Yearly Health Review • The nurse will do a yearly review to see if anything in your health has changed. • Nurses can help you manage the health conditions you already have to slow progression and stay healthy longer. • This review looks at things like nutrition, fall prevention and how you move about, memory, diabetes, emotional wellness, and more.	Help with Health Risks • If a health review shows that you might be at risk (for example, a high risk of falling), the nurse can talk to your doctor. • They may suggest things like physical therapy or a medication adjustment (after talking with your primary care provider).

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Understanding Your Health If you have a new health condition, new medication, or have questions, the nurse can help explain things.	Special Health Needs The nurse can also talk to your doctors, hospital, rehab center, or pharmacy to share or get information.
Vaccines The nurse may make recommendations and provide education on vaccines. They can also help you learn about vaccines (flu, COVID-19, shingles, pneumonia, etc.) and where to get them.	Vaccine Access The WN can provide resources on where to get your vaccines.
After a Hospital Discharge - If you are in the hospital or a rehab center, the nurse will check in with you. - They can help you understand your discharge papers, medication list, and next steps for your recovery.	Coordinating Care - The SASH team works with other health agencies to get you extra support and make referrals as needed. - This can include referrals to get help with insurance, food access, in-home care, financial benefits, and coordinated medication pick-up and oversight.

What a SASH nurse does not do:

The Wellness Nurse can do many things with you; however, the following tasks are not within the role of the SASH wellness nurse. Some reasons may be because it requires a doctor's order, other reasons includes that it is a service provided by skilled nursing or another health care agency, and/or that SASH does not have back up nurses to provide the service if the primary SASH nurse is unavailable.

- They do not provide rides to appointments or pick up medications.
- They do not diagnose health problems.
- They do not assess or treat sudden health issues (like colds, fevers, infections, or new pain).
- They do not fill pill boxes or provide wound care.
- They do not do any services that require a doctor's order.

Important Reminder! SASH nurses work limited hours. If you have a sudden health problem (such as a high fever or high blood pressure reading), call your doctor to discuss your problem, or call 911 in an emergency.