“SASH keeps me motivated.”
— SASH Participant

To learn more about SASH for you or a loved one, please contact the coordinator listed below.

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

SASH® is a registered trademark of the nonprofit Cathedral Square Corporation. Partner organizations include Vermont Area Agencies on Aging, member affiliates of Vermont Care Partners and the VNAs of Vermont, nonprofit housing organizations, primary and community health care teams, and local and regional hospitals.
Thanks to SASH, housing, health and service providers are finally able to collaborate fully. This greatly benefits our residents by supporting their efforts to maintain their health and continue living independently at home.”

— Eileen Peltier, Executive Director Central Vermont Community Land Trust

What is SASH?

SASH® (Support and Services at Home) is part of Vermont’s statewide initiative for healthcare reform called the Blueprint for Health. SASH helps older Vermonters and people with special needs access the care and support they need in order to stay healthy while living comfortably and safely at home.

SASH is available in communities throughout Vermont and primarily serves people 65 and older and people with disabilities. Participation is voluntary and free of charge. Each SASH group has a care coordinator and wellness nurse who work in partnership with area agencies on aging, home health providers, community and mental health agencies, and primary-care providers to help SASH participants.

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

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

Benefits to SASH Participants

• Improved quality of life
• Comprehensive health and wellness assessments
• Individualized Healthy Living Plans
• Money savings through preventive health care
• Regular check-ins and health coaching
• Convenient access to a wellness nurse
• Access to prevention and wellness programs
• Planning for successful transitions
• An informed team to help in a crisis
• A trusted guide to help navigate long-term care
• Medication-management assistance

Why SASH?

With the guidance of SASH® staff, SASH participants determine their own health and wellness goals. Three areas of focus help to ensure these goals are met:

• Preventive health care and coordination of services
• Education and coaching to self-manage health conditions, particularly chronic conditions such as diabetes and arthritis
• Transitions support after a stay in a hospital, nursing home or short-term rehab facility

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