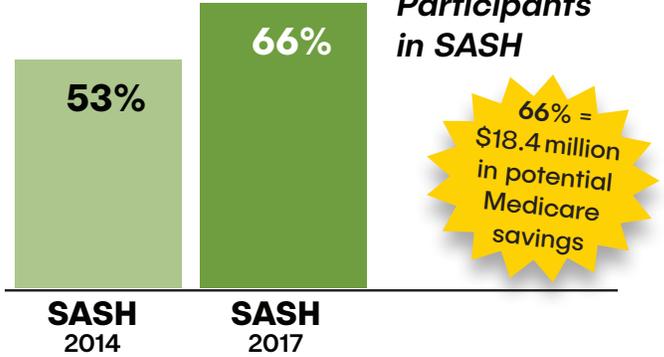


INCREASING THE NUMBER OF ADVANCE DIRECTIVES

A study published in the *American Journal of Preventive Medicine*¹ found that the #1 reason adults fail to complete advance directives is that they “don’t know what advance directives are.” People also prefer to discuss end-of-life issues with providers, but “physicians’ attitudes and comfort level[s] may be a barrier to these conversations,” study authors said.

SASH staff proactively address both these issues by discussing advance directives with participants, helping each person complete and file necessary paperwork, and ensuring that care providers and family members know the directive is in place.

Growth in Advance Directives among Participants in SASH



Meanwhile, a study published in the *Journal of the American Medicine Association* estimates Medicare savings of nearly \$5,585 per person in end-of-life care for Vermonters with advance directives.² For the approximately 3,300 SASH participants with advance directives,³ this translates into a **potential savings of more than \$18.4 million.**



WHAT SASH PARTICIPANTS SAY⁴

“When you get to be my age and all these things come at you, it just gets so confusing and frustrating.”

“They [SASH staff] don’t mind spending the time to explain things to me.”

1) Completion of Advance Directives Among U.S. Consumers: [www.ajpmonline.org/article/S0749-3797\(13\)00521-7/fulltext](http://www.ajpmonline.org/article/S0749-3797(13)00521-7/fulltext) 2) Regional variation in the association between advance directives and end-of-life Medicare expenditures: JAMA, 2011 Oct 5; 306(13):1447-53. doi: 10.1001/jama.2011.1410. Nicholas LH, Langa KM, Iwashyna TJ, Weir DR. 3) 66% of the 5,000 SASH participants statewide 4) Qualitative Evaluation of SASH, Vermont Department of Health, Summer 2017