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 levels 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.

Meanwhile, a study published in the Journal of the American Medical 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 SAY**\(^4\)

“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.”

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1) Completion of Advance Directives Among U.S. Consumers: www.ajpmonline.org/article/S0749-3797(13)00521-7/fulltext


3) 66% of the 5,000 SASH participants statewide

4) Qualitative Evaluation of SASH, Vermont Department of Health, Summer 2017

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