SASH primarily serves Medicare recipients living in congregate housing and in the surrounding community. It is available in every Vermont county and currently serves about 5,000 people ranging in age from 20 to 101, with an average age of 72.

HEALTHIER PEOPLE
SASH has demonstrated consistent and significant improvements in quality metrics, in many cases exceeding national benchmarks (see charts).

SMARTER SPENDING
From July 2011 to June 2015, SASH participants realized an average savings of $1,227 per person per year in Medicare expenditures.* In addition, a study published in the Journal of the American Medical Association** indicates that the 3,300 SASH participants with advance directives could translate into a savings of $18.4 million in end-of-life care.

HOW SASH WORKS
Affordable-housing organizations throughout Vermont provide for a home-based SASH care coordinator and a wellness nurse, who work with a team of providers in home health, agencies on aging, developmental/mental health/addiction services, and primary care to help each SASH participant meet their self-identified goals.

SASH® uses the home as a platform to provide comprehensive care management and coordination. One of the country’s best-known and widely cited housing-and-health models, SASH has been shown to improve population health, reduce costs and enable people to age in place safely and healthfully, helping older adults avoid the distress and expense of unnecessary hospitalization or nursing care.

HEALTH & WELL-BEING BEGIN AT HOME
SASH participants become part of a defined community focused on staying healthy at home.

Each participant has a SASH Coordinator who helps them identify their goals and facilitate access to health care programs and activities.

Each participant also has a Wellness Nurse who provides assessments and coaching, particularly with regard to chronic conditions.

Participants benefit from a collaboration of community partners who work together to support comprehensive community health.

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.

sashvt.org

1) cdc.gov/mmwr/volumes/66/wr/mm6632a3.htm#F1_down
2) cdc.gov/mmwr/volumes/66/ss/pdfs/ss6611.pdf
3) cdc.gov/mmwr/volumes/65/wr/mm6537a2.htm
4) Analysis of statewide SASH data

* Highlights of the First Four Years of SASH (summary of four-year evaluation), U.S. Dept. of Health & Human Services, Assistant Secretary for Planning and Evaluation: aspe.hhs.gov/pdf-report/support-and-services-home-sash-evaluation-highlights-first-four-years-research-summary