

## The SASH Difference

- Neighborhood based
- Individual-centered
- Utilizes interprofessional collaboration
- Team model
- Focused on prevention, education and support

## SASH Support Services Include

- A comprehensive health and wellness assessment
- An individualized Healthy Living Plan
- Check-ins and coaching
- Convenient access to a wellness nurse
- Transitions support after hospital, nursing home or short-term rehab stay
- A trusted guide to help navigate the health care system
- An informed team to help in crisis
- Access to prevention and wellness programs

HEALTHY HOMES

CARING COMMUNITIES

POSITIVE AGING

## A Statewide Training Network

Cathedral Square Corporation (CSC) in conjunction with the Vermont Blueprint for Health has provided specialty training in evidence-based self-management programs to enable SASH staff to become qualified leaders in the following areas: the Stanford model of Chronic Disease Self-Management (delivered in Vermont as “Healthy Living Workshops”); both individual and group Tobacco Cessation Counseling; Tai Chi for Arthritis certified group leaders; Wellness Recovery Action Planning (WRAP) and Motivational Interviewing techniques.

## Scalability, Replicability and Sustainability

SASH was designed to be scalable across rural and urban areas, and to be replicable in any state. By the end of the three year Medicare demonstration SASH will be replicated at over 138 housing sites statewide. In July 2013 SASH received approval from OMB and CMS to expand to 5,400 participants. It is a replicable model for any state because it relies on federally funded housing, Medicare and Medicaid.

## Funding

SASH is funded under the CMS Medicare Multi-Payer Advanced Primary Care Practices demonstration at \$700 per person per year. Additionally, SASH has received annual grants from the Vermont Department of Disabilities, Aging and Independent Living (Medicaid and General Fund), the Department of Vermont Health Access (Health Information Technology grant), the Vermont Health Foundation/Fletcher Allen Health Care and contributions from Cathedral Square. Several foundations have supported SASH including the MacArthur Foundation, Enterprise Community Partners, Vermont Housing and Conservation Board, Peoples United Bank Foundation, Champlain Investment Partners, Housing Assistance Council, United Way of Chittenden County, Vermont Community Foundation and UVM Center on Aging. The Vermont Legislature funded the design of SASH over a two year period.

## New Jobs

SASH has created 77 (FTE) new jobs in Vermont over the three year demonstration period. These positions will help extend the resources of physicians and nurses, and the benefits of hospital visits long after the patient has returned home.

## About Cathedral Square Corporation

Cathedral Square Corporation is a statewide nonprofit organization under contract with the Department of Vermont Health Access (DVHA) to administer SASH statewide as a part of the Blueprint for Health. CSC operates 24 affordable communities including a Medicaid funded assisted living residence, shared housing, supportive housing for younger adults with mental health and mobility challenges, and a multi-generational campus for teenage parents, elders and college students with children.

## For more information contact

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Cathedral Square Corporation is an Equal Opportunity Employer and Housing Provider.



**SASH**  
SUPPORT & SERVICES  
at HOME  
a caring partnership

A partnership of housing, health care and social services working together to keep Vermonters healthy and at home longer.





SASH offers Vermont's older adults and individuals with special needs a comprehensive plan including housing, health care and social services. The result of all entities working together is higher quality care for Vermonters, and a reduction in hospital visits and falls.

SASH is funded through a Medicare demonstration and is fully integrated with Vermont's health care reforms known as the Blueprint for Health.

### Housing as a Platform

SASH brings care management and preventive services right to where those with the highest needs live: non-profit housing and homes in surrounding neighborhoods. Because SASH is a population based system, we can offer a service and support system to individuals regardless of payer.

SASH has expanded from one pilot site in 2010 to 138 sites across Vermont, including most local public housing authorities and non-profit housing organizations.

By utilizing the existing infrastructure of subsidized housing we reach the health care system's target population; the poorest and frailest. We have a ready-made network of mission driven staff who are skilled at collecting data.

### Care Management

SASH is built on the premise that three elements are essential to achieving better health, better care and lower costs:

- Transitions Planning
- Chronic Care Self-Management
- Care Coordination

### SASH Supports and Services

After an individual decides to participate in SASH, we conduct a complete functional assessment, cognitive screen, depression scale, nutritional assessment, and falls assessment.

SASH provides daily check-ins, medication management, communication with family, and transportation assistance. SASH is a safety net for the healthy, and a support team for those in crisis.

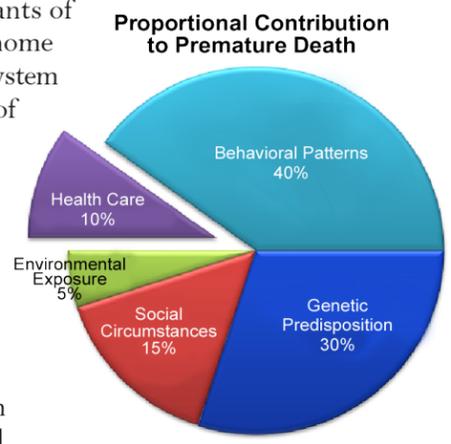
### Electronic Health Information

SASH Wellness Nurses enter health assessment data and progress notes directly into the state's Central Clinical Registry. This information includes medications, allergies, vital signs, validated screens on various daily functions as well as the goals of each participant. With consent, individual data, as well as aggregated population data tracking, is exchanged between physicians, the Blueprint's Community Health Teams, SASH Team members and people vital to the success of each person's health outcomes.

### The Determinants of Health

90% of the determinants of health are shaped at home while the health care system represents only 10% of the contributors to premature death.

Behaviors, social circumstances, environmental exposure and how individuals deal with a genetic predisposition to health issues are all determinants that occur at home.



### Formal Affiliations

Over 65 organizations have entered into SASH Memorandum of Understandings (MOU) including:

- Visiting Nurse Associations
- Area Agencies on Aging
- Community mental health agencies
- Hospitals
- Public Housing Authorities
- Nonprofit housing providers
- Funders
- Medical schools and other health education programs

Each MOU covers a specific geographic region and insures continuity of staffing, coordination of services, timely communication, non-duplication and efficient use of all existing assets.

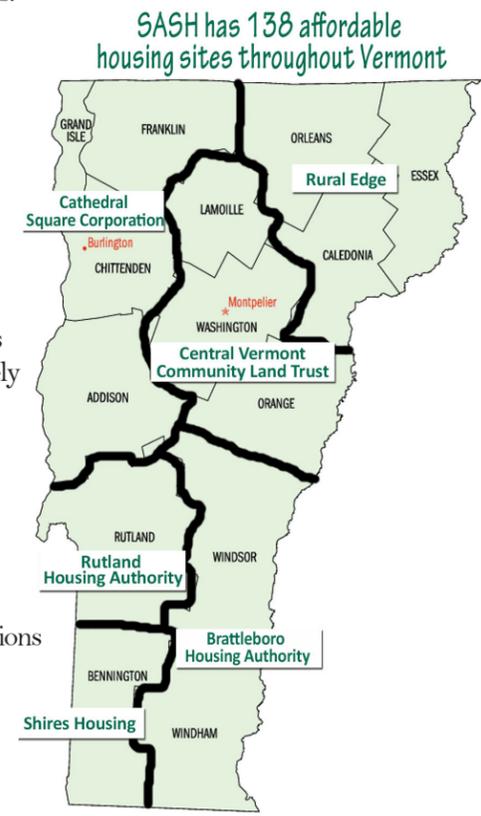
### SASH and Public Health

The Vermont Department of Health has contracted with SASH to implement the Centers for Disease Control's Community Transformation Grant. The CDC recognizes the important role housing can play in increasing smoke free environments and reducing high blood pressure and high cholesterol thru home based exercise and nutrition programs.

Subsidized housing is home to an often difficult population to reach: the uninsured, children in need of vaccinations, and pregnant teens. Housing is a ready-made network to roll out public health initiatives.

### A Statewide Network

SASH is managed by Cathedral Square Corporation state-wide; however, it is implemented by six Designated Regional Housing Organizations (DRHOs) that collectively cover the state. In addition to Cathedral Square, the DRHOs include two Public Housing Authorities (PHAs) and three Community Housing Development Organizations (CHDOs).



### Measurable Results

