

# BETTER CARE, HEALTHIER PEOPLE, SMARTER SPENDING

with an average age of 72.

### **HEALTH & WELL-BEING BEGIN AT HOME**

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

## SASH participants become part of a defined community focused on staying healthy at home. Each participant has Each participant a SASH Coordinator also has a Wellness who helps them Nurse who provides identify their goals assessments and and facilitate coaching, particularly access to health with regard to care programs and chronic conditions. activities. Participants benefit from a collaboration of community partners who work together to support comprehensive community health.

# **HEALTHIER PEOPLE**

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

# **SMARTER SPENDING**

The latest independent evaluation of SASH, published in July 2019, found statistically significant savings in Medicare and Medicaid

spending for Medicare-eligible participants:\*

It is available in every Vermont county and currently serves about 5,000 people ranging in age from 20 to 101,

- Annual Medicare savings = \$1,100/rural participant; \$1,400/urban participant.
- Annual Medicaid savings = \$400 per participant
   living in rural areas and/or in SASH-based housing
   communities. Researchers say this is because SASH
   helps participants remain living at home as they age
   vs. moving to long-term care settings.

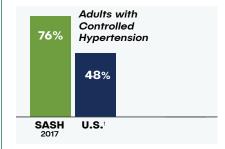
### **HOW SASH WORKS**

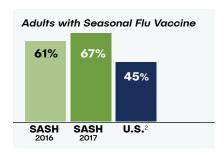
Affordable-housing

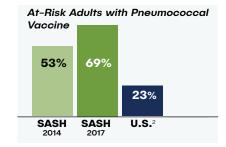
or nursing care.

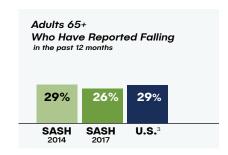
organizations throughout Vermont provide for a homebased SASH care coordinator and a wellness nurse, who work with a team of providers in home health, agencies on aging, developmental/mental health/ addiction services, and primary care to help each SASH participant meet their self-identified goals.

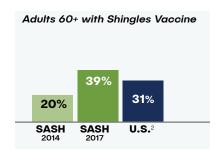
SASH primarily serves Medicare recipients living in congregate housing and in the surrounding community.













- 1) cdc.gov/mmwr/ volumes/66/wr/ mm6632a3.htm#F1\_
- 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
- \* "SASH Evaluation Findings, 2010-2016," U.S. Dept. of Health & Human Services, Assistant Secretary for Planning and Evaluation. Summary: https:// aspe.hhs.gov/system/ files/pdf/262061/ SASH5h1-rs.pdf Full report: https:// aspe.hhs.gov/system/ files/pdf/262071/



SASH5.pdf

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





