

# BETTER CARE, HEALTHIER PEOPLE, SMARTER SPENDING

## HEALTH & WELL-BEING BEGIN AT HOME

SASH<sup>®</sup> uses the home as a platform to provide comprehensive care management and coordination.

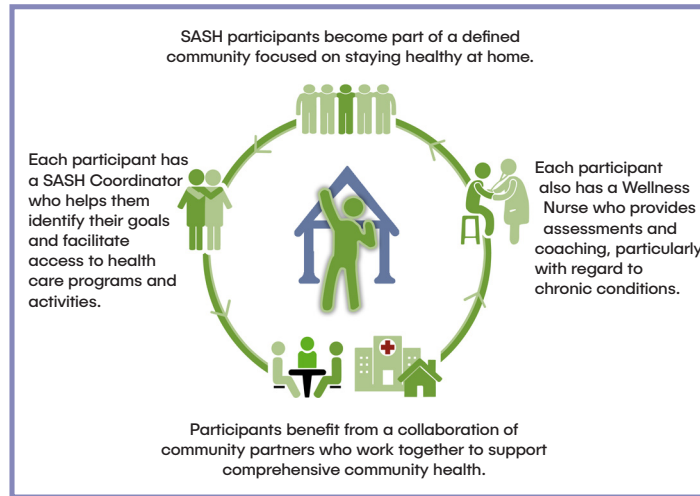
One of the country's best-known and widely cited housing-and-health models, **SASH has been shown to improve population health, reduce costs and enable people to age in place safely and healthfully**, helping older adults avoid the distress and expense of unnecessary hospitalization or nursing care.

## 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 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

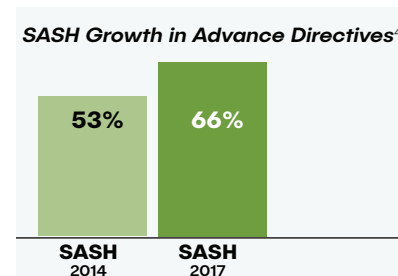
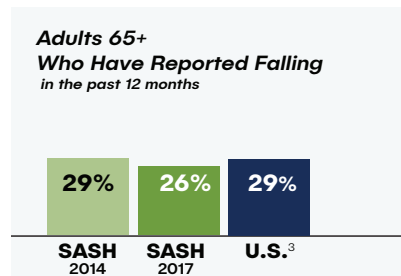
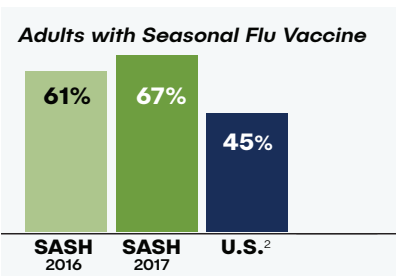
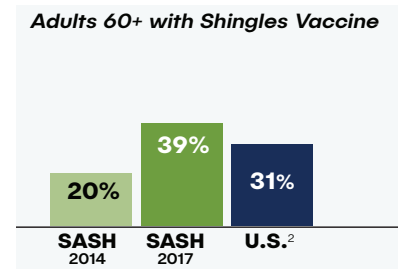
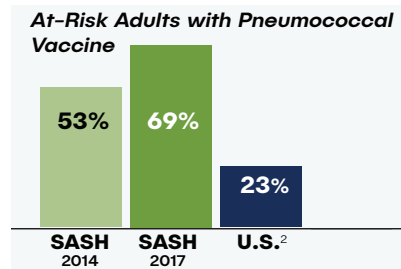
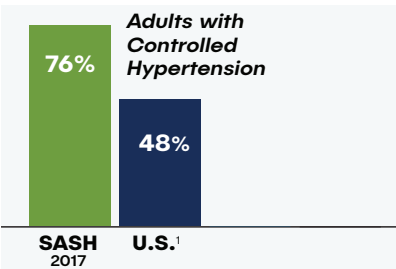
SASH has demonstrated consistent and significant improvements in quality metrics, in many cases exceeding national benchmarks (see charts).

## SMARTER SPENDING

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

**spending for Medicare-eligible participants\*:**

- **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.



1) [cdc.gov/mmwr/volumes/66/wrr/mm6632a3.htm#F1\\_down](https://www.cdc.gov/mmwr/volumes/66/wrr/mm6632a3.htm#F1_down)  
 2) [cdc.gov/mmwr/volumes/66/ss/pdfs/ss6611.pdf](https://www.cdc.gov/mmwr/volumes/66/ss/pdfs/ss6611.pdf)  
 3) [cdc.gov/mmwr/volumes/65/wrr/mm6537a2.htm](https://www.cdc.gov/mmwr/volumes/65/wrr/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/SASH5H-rs.pdf>  
 Full report: <https://aspe.hhs.gov/system/files/pdf/262071/SASH5.pdf>