

SASH<sup>®</sup>

SUPPORT AND SERVICES  
AT HOME

*a caring partnership*

House Committee on  
Health Care 1.31.25

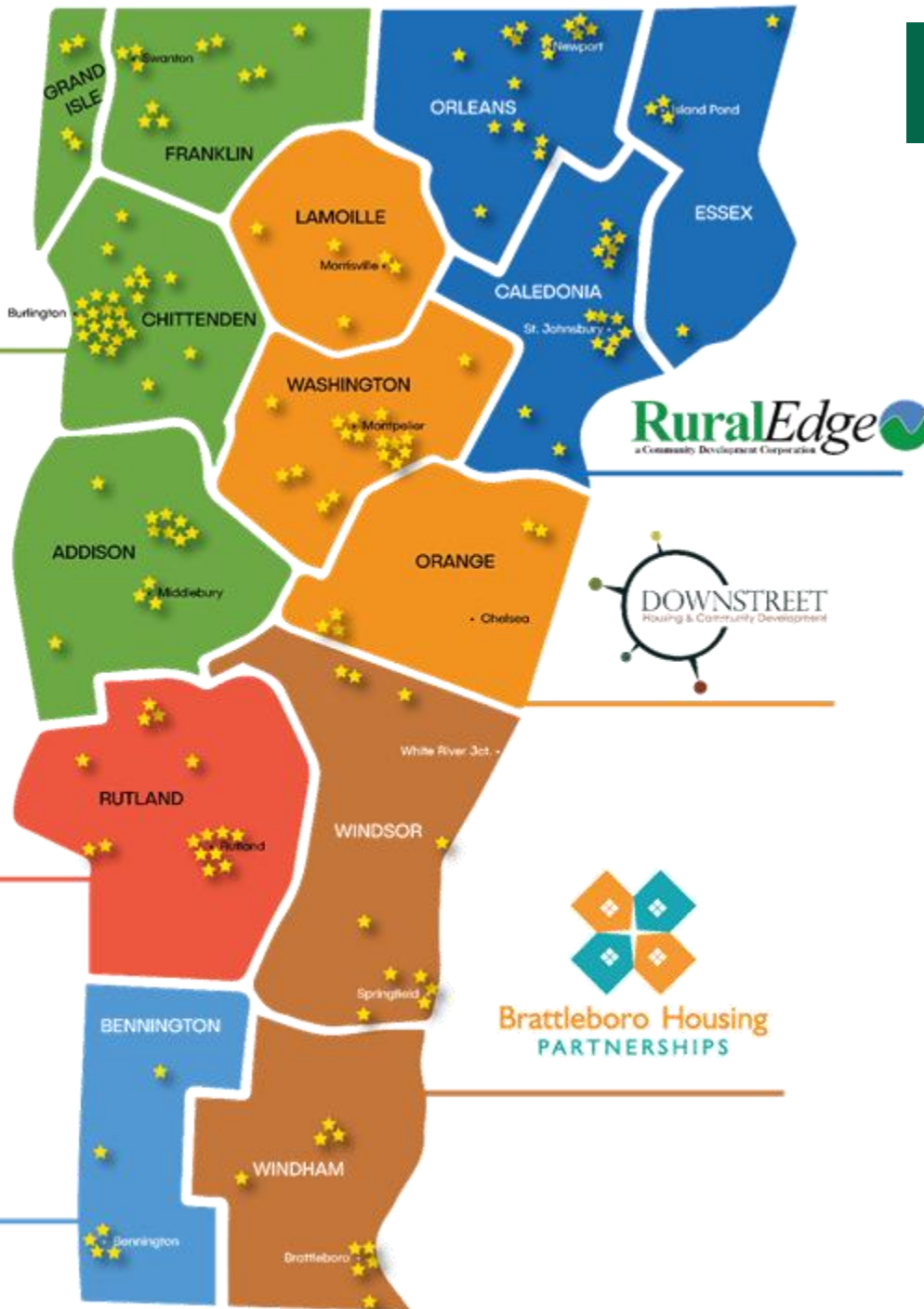
[sashvt.org](http://sashvt.org)

Better Care.  
Healthier People.  
Smarter Spending.

# ORIGIN OF SASH



# SASH Statewide Presence



## HOME HEALTH AGENCIES

Addison County Home Health & Hospice  
 Central Vermont Home Health & Hospice  
 Franklin County Home Health Agency  
 Lamoille Home Health & Hospice  
 Northern Counties Health Care  
 Orleans, Essex Visiting Nurse Assoc. & Hospice  
 VNA & Hospice of the Southwest Region  
 Visiting Nurse & Hospice for Vermont & NH  
 UVM Health Network Home Health & Hospice  
 (formerly VNA of Chittenden & Grand Isle Counties)

## HOUSING

Addison County Community Trust  
 Barre Housing Authority  
 Bennington Housing Authority  
 Brattleboro Housing Partnerships  
 Burlington Housing Authority  
 Cathedral Square  
 Champlain Housing Trust  
 Downstreet Housing & Community Development  
 Housing Trust of Rutland County  
 Lamoille Housing Partnership  
 Montpelier Housing Authority  
 National Church Residences  
 Randolph Area Community Development Corporation  
 RuralEdge  
 Rutland Housing Authority  
 Shires Housing  
 Springfield Housing Authority  
 Twin Pines Housing  
 Valley Cares  
 Vermont State Housing Authority  
 Windham & Windsor Housing Trust  
 Winooski Housing Authority

## HOSPITALS

Brattleboro Memorial Hospital  
 Central Vermont Medical Center  
 Copley Hospital  
 Gifford Health Care  
 Mt. Ascutney Hospital & Health Center  
 North County Hospital  
 Northeastern Vermont Regional Hospital  
 Northwestern Medical Center  
 Porter Medical Center  
 Rutland Regional Medical Center  
 Southwestern Vermont Medical Center  
 Springfield Hospital  
 University of Vermont Medical Center

## DEVELOPMENTAL, MENTAL HEALTH & ADDICTION SERVICES

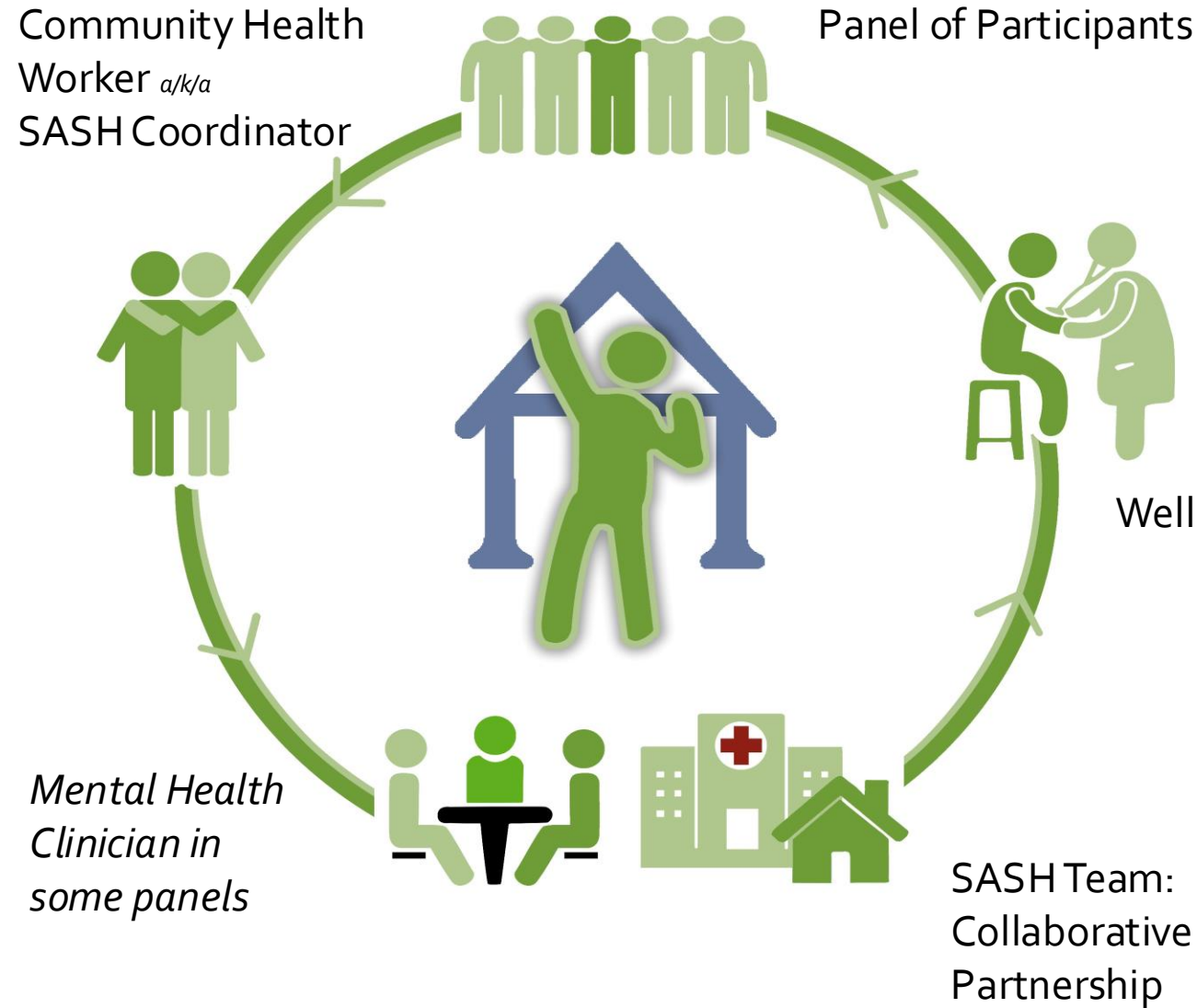
Clara Martin Center  
 Counseling Service of Addison County  
 Health Care & Rehabilitation Services  
 Howard Center  
 Lamoille County Mental Health  
 Northeast Kingdom Human Services  
 Northwestern Counseling & Support Services  
 Rutland Mental Health Services  
 United Counseling Service  
 Washington County Mental Health Services

## OTHER HEALTH PROGRAMS

Castleton Undergraduate School of Nursing  
 Graduate Counseling Program,  
 Northern Vermont University  
 United Health Alliance  
 University of Vermont Center on Aging  
 Vermont Chronic Care Initiative  
 Vermont Health Foundation

# SASH STRUCTURE

## Based in affordable housing



# Outcome: Health-Care Savings

A federal evaluation released in 2019 found **statistically significant Medicare savings** of \$1,100\* to \$1,400\* per person per year.



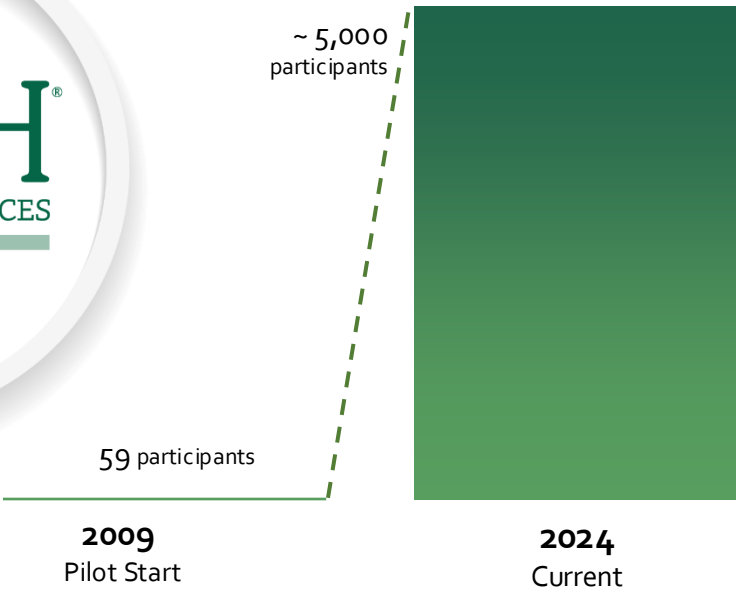
SASH participants showed a statistically significant reduction in growth in **Medicaid spending for nursing-home care\*\***

\*\* SASH participants living in affordable-housing communities where SASH is based AND participants in all **rural panels** (i.e., outside Chittenden County)

**Annual Medicaid savings = \$400 per participant** - SASH helps participants remain living at home as they age vs. moving to long-term care settings.

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\*rural panels | \*urban (Chittenden Co.) panels  
—RTI/Leading Age Five-Year SASH Evaluation,  
October 2018



### Participant Profile:

- 70% women; 30% men
- 81% are 65 +
- 88% on Medicare
- >31% Dually eligible
- 8% Medicaid only
- >12,000 unique participants since inception



# SASH Participants

## Top 3 chronic conditions among SASH participants

High Blood Pressure

56%

Osteoarthritis

45%

High Cholesterol

39%



Nationally, the %  
on Medicare with  
MCC is **52%**

**85%**

of SASH participants  
have 3 or more  
chronic conditions

**8**

median number of  
chronic conditions for  
SASH participants

22

AGE



73

104

# UNDIAGNOSED HYPERTENSION

SASH® Finds Hypertension Hiding in Plain Sight

## HOW'S YOUR BLOOD PRESSURE?



Approximately 11 million U.S. adults have undiagnosed hypertension, or high blood pressure, and nearly one in eight patients with hypertension might not have a diagnosis.



## THE SASH APPROACH:

894

SASH participants entered the program with blood pressure in stage 1 or 2 and no hypertension diagnosis

**IDENTIFY:** SASH staff identify participants with high blood pressure

**EDUCATE & REFER:** SASH staff support participants to get diagnosed & treated

**MANAGE:** SASH staff support participants to better manage blood pressure

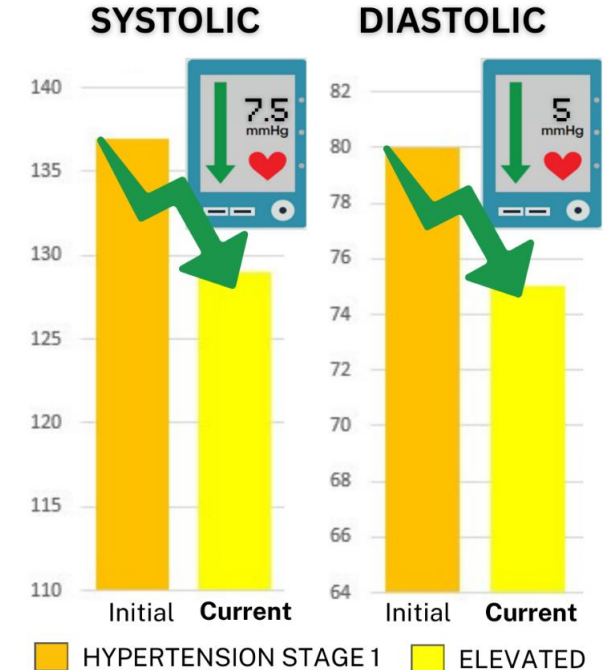
## OUR RESULTS

Over time, the average systolic blood pressure of these SASH participants decreased by 7.5 mm HG!



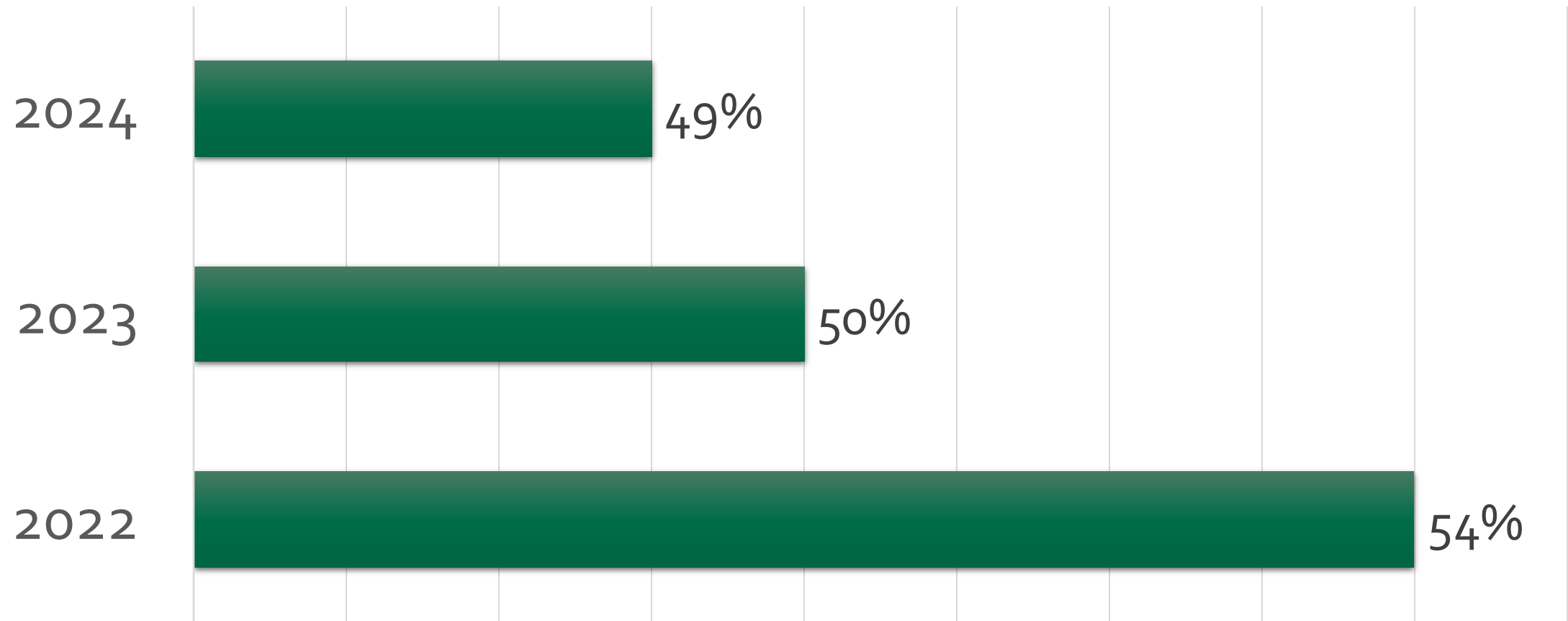
## SASH Participants Lower Their Blood Pressure

Average 3.3 years in SASH





# Percent of SASH participants at risk for falling, who fell in the last year



Creating **cultures of health and well-being**  
where people live, throughout Vermont.



# Annual Medicare Wellness Visits (PILOT)

SASH Wellness Nurses

Supporting primary care providers and patients/ SASH participants

**Completed 10, goal is 50**

*Only 24% of eligible beneficiaries complete AWW\**



\*According to the American Journal of Accountable Care

# SASH Embedded Mental Health Clinician Program YEAR 1 Expansion

- ✓ **31%** of participants engaged! (n=145)
- ✓ **87%** of participants connected within 3 business days of referral!
- ✓ **1,365 clinician** visits logged with participants (1:1 and group)!
- ✓ Percent of participants **agreeing** there is acceptance and support for emotional health needs in their SASH building rose **from 52 % to 89%\***

# SASH for All

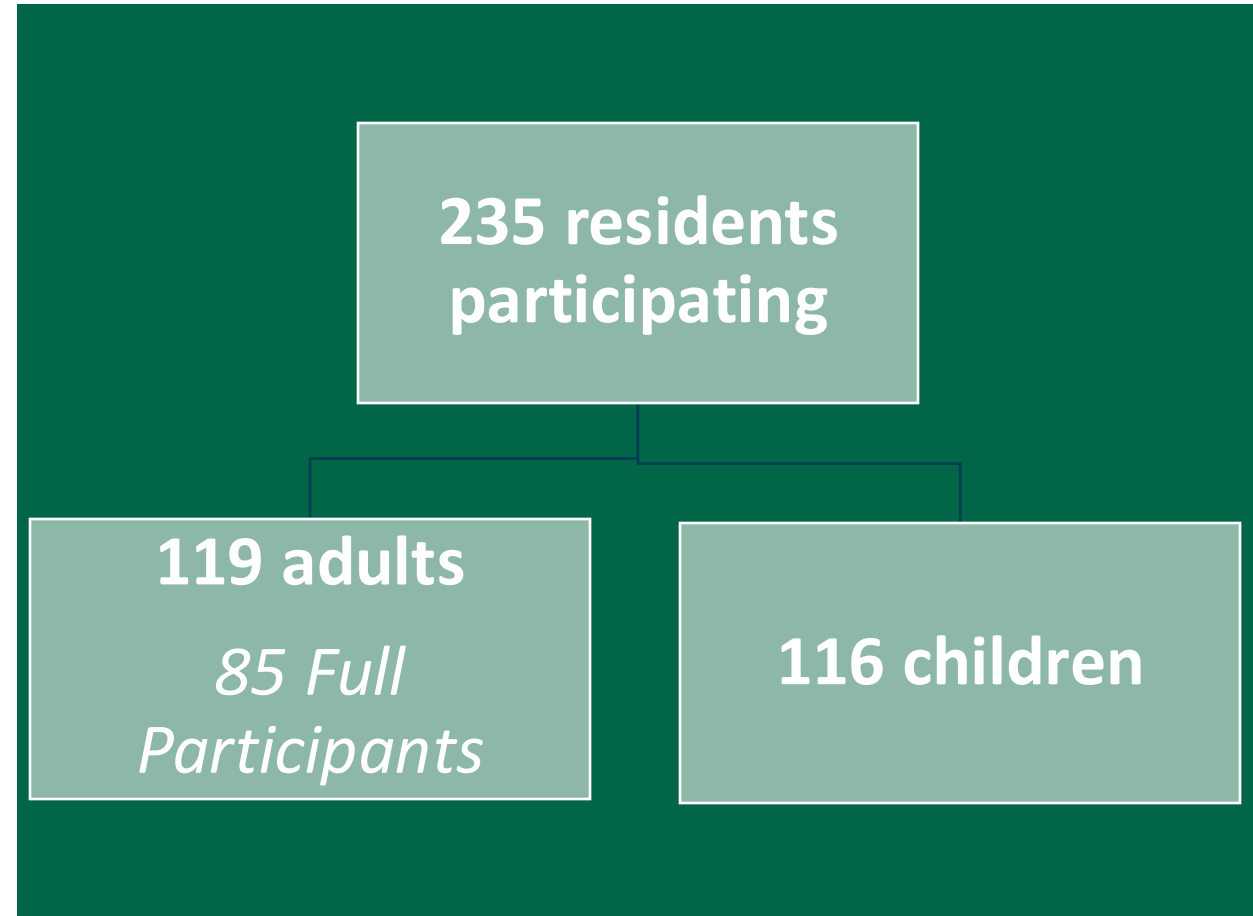
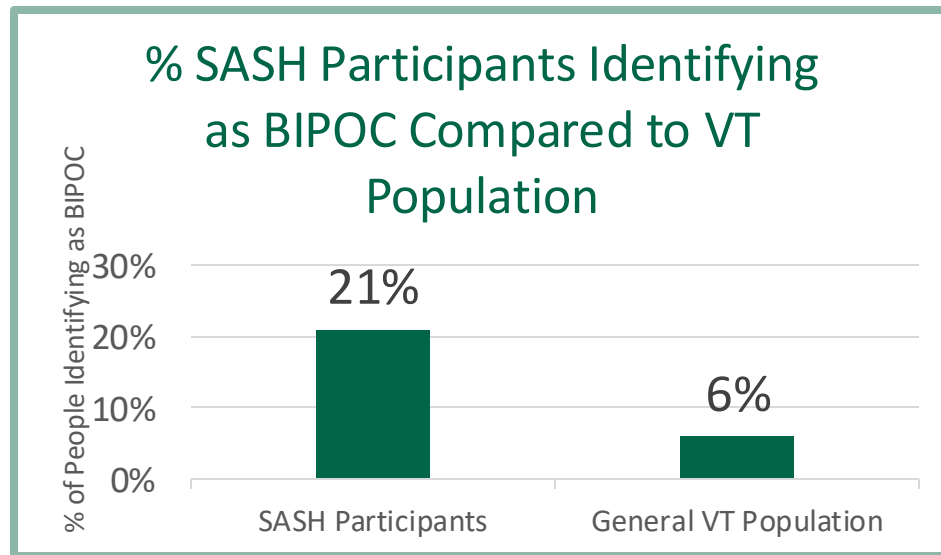
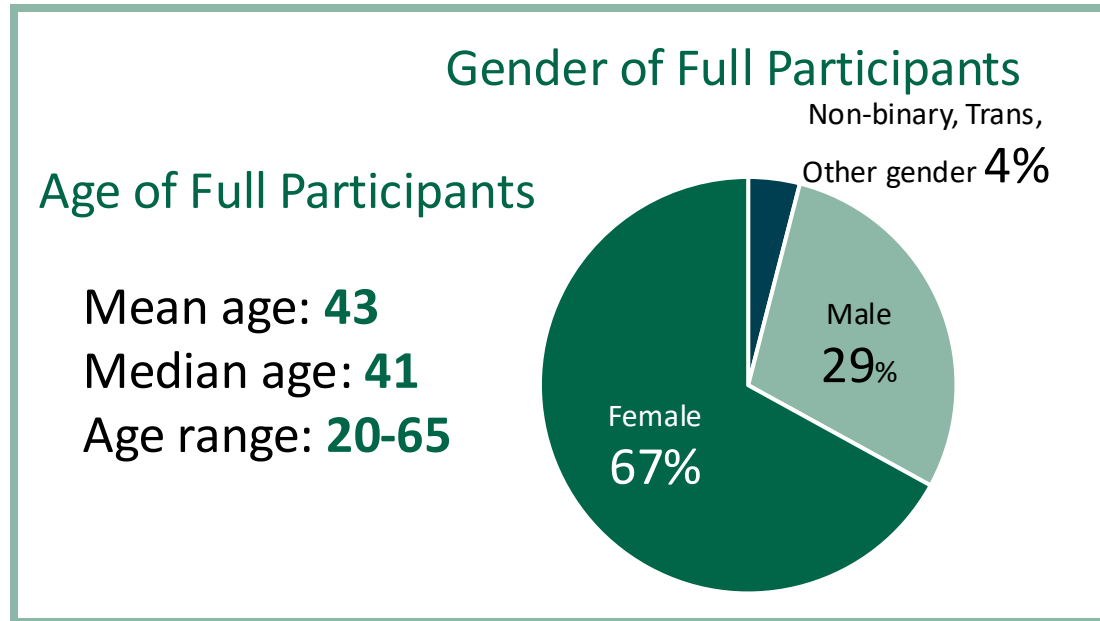
Effective in preventing homelessness, improving health, and fostering connected communities for residents in affordable housing.



Brattleboro Housing PARTNERSHIPS



# SASH for All Participant Demographics



# Program Outcomes: Year 2

**9 evictions prevented**  
(19 prevented since 9/2022)

**167 social connection  
activities and group  
events**

**154 referrals made**

- ✓ Financial assistance
- ✓ Mental health
- ✓ Food assistance

87% qualify for Medicaid

87% are experiencing food insecurity

78% report missing appointments due to lack of transportation

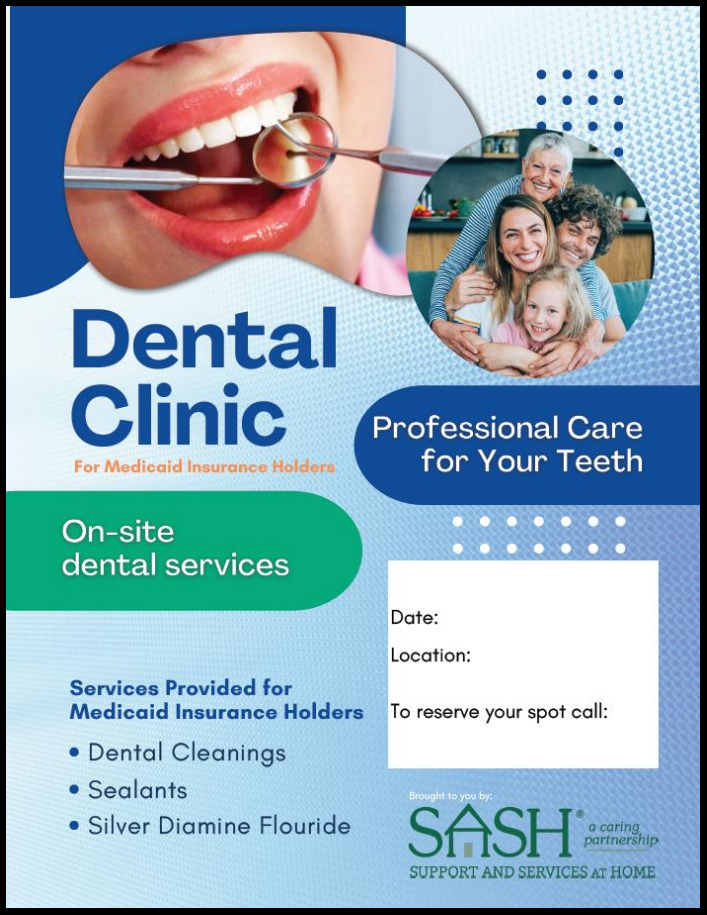
53% have presented to the emergency department in the last 12 months, with 26% having 4 or more visits

50% say that their health is “fair” or “poor”

# Reduced Health Disparities

**12 dental clinics hosted in 4 counties!**

**102 cleanings performed!**



**Dental Clinic**  
For Medicaid Insurance Holders

Professional Care for Your Teeth

On-site dental services

- Dental Cleanings
- Sealants
- Silver Diamine Fluoride

Date: \_\_\_\_\_  
Location: \_\_\_\_\_  
To reserve your spot call: \_\_\_\_\_

Brought to you by:  
**SASH** a caring partnership  
SUPPORT AND SERVICES AT HOME



SASH® recipient of a 2024 IPRO Quality Award in recognition for Improving Healthcare Quality



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**Thank  
you!**

