

What SASH provides

By participating fully in SASH you will:

- Have a thorough **SASH assessment** completed;
- Have an individualized **Healthy Living Plan** (HLP) developed by you and the SASH Coordinator to highlight your health and wellness goals and identify those areas where additional assistance is needed;
- Receive regular **support and encouragement** to help you meet the goals you have set for yourself in the HLP;
- Have coordinated **care and support during and following any planned or unplanned hospital or rehabilitation facility stays**;
- Have **access to regular health and wellness promotion programs** through the Community Healthy Living Plan (CHLP);
- Have the **opportunity to provide regular input** on what SASH programs and services should be provided;
- Be part of a true **“at home” system** of long term services coordination and supports.



Support And Services at Home (SASH)
will be useful when:

*I want to go home
after rehabilitation or
a hospital stay.*

*I want to stay in my home
as I get older.*

*I'd like to improve
my overall health.*

The SASH Team



In the SASH program the SASH Coordinators and Wellness Nurse work in partnership with designated staff from the area's community provider agencies such as the Visiting Nurse Association (VNA) or other home health agency, the local Area Agency on Aging (AAA), community mental health, and others to coordinate care and services that you need. Other specialists may participate on the team from time to time. The SASH team meets regularly to ensure we are helping meet your needs in a coordinated and consistent manner.

For more information, or to enroll, call:

(802) 447-7019

SASH@benningtonhousing.org

A caring partnership to support living at home.



*Living
at home
and loving it!*

Support And Services at Home (SASH)

Support And Services at Home (SASH) provides a system of coordinated, person-centered supportive services and care in your home.

*No Costs!
No Requirements!*

You choose how and when you participate.

SASH *a caring
partnership*
SUPPORT AND SERVICES at HOME

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Through this innovative partnership SASH promotes wellness and supports you in your desire to remain in your home as you age.

About SASH

**SASH staff serve
as extenders to primary care
providers and the aging
services network –**

**all working together to keep
seniors and others with
service needs safe
at home.**

No costs – No requirements

No activities, programs or services are required; you may pick and choose in what you wish to participate.

Healthy Living Plan

SASH staff will work with you personally to develop a customized individual Healthy Living Plan (HLP). This HLP identifies health and wellness goals, and most important, helps you figure out what actions need to be taken to reach those goals. Once your goals are established, SASH staff will provide encouragement, support and coaching to help you meet those goals. And as always, YOU choose the programs, activities, or services in which you wish to participate.



Enrolling in SASH

Are you eligible? If you are a Medicare recipient living in the vicinity of the communities of Arlington, Bennington, Manchester, North Bennington or Shaftsbury, you may enroll.

Signing up to participate in SASH is simple –

Just contact SASH and a meeting will be arranged with your SASH Coordinator. Once enrolled, a SASH Wellness Nurse will conduct a health assessment which will be used to develop your personal Healthy Living Plan. If you wish, your family members/support persons are welcome to be part of any aspect of your SASH program.

We look forward to welcoming you into SASH!

Call Today To Enroll

(802) 447-7019

SASH@benningtonhousing.org

Additional SASH services

Community Healthy Living Plan

Intermittently throughout the year you will have the opportunity to participate in educational programs designed to keep you active, healthy and informed. These programs will be conveniently located at the SASH HUB or a neighborhood venue near you.

Wellness Nursing

There will be opportunities to visit with the SASH Wellness Nurse at the SASH HUB, where preventive care such as blood pressure checks, heart rate monitoring, and wellness coaching will be available to support your particular wellness goals.

Transition Planning and Care Coordination

The value of transition planning and care coordination cannot be overestimated. If you have a hospital or rehab stay for any reason and you are a SASH participant, the SASH staff will be able to communicate with discharge planners at the hospital or rehab facility to help facilitate a successful transition back to your home. You will continue to be the focus of the SASH team's regular care coordination and transition planning meetings until you are doing well on your own.

SASH *a caring partnership*
SUPPORT AND SERVICES at HOME

is provided as a benefit to our communities by Shires Housing, a 20 year old non-profit housing organization.

There is no cost for enrolling in SASH and participation is completely voluntary.

Your participation in SASH alone will not guarantee that you will be able to age in place, but that is our shared goal.

SASH is a close-to-home care coordination team model focused on supporting you. SASH does not provide specific services, such as home-maker services, but instead the SASH team will use its varied experience to link you to the programs and services that best meet your needs.