SASH Pioneers - Started in 2009
Who We Serve

- 5,000 Participants
- 80% Medicare
- 25% live in the community
- 73% 65+
- 27% under 65
- 57% disabled
- Participants span all health care needs
- We have a “no discharge” policy
How We Implement

• Person-centered
• SASH Staff in community
• Formal Partnerships
• Information Sharing
• Prevention and Wellness through Data-driven Healthy Living Planning
What does it mean to be in SASH?

SASH participants become part of a defined community supported to focus on being healthy at home.

Each participant has a SASH Coordinator to help him/her identify their needs and facilitate access to health maintenance and prevention programs.

Every SASH participant is also assigned a Wellness Nurse who provides assessments and health coaching, particularly with chronic conditions.

SASH participants benefit from a collaboration of community partners working together achieving comprehensive community health.
Building the Platform – SASH Team

Housing Organization as Host

SASH Care Coordinator

SASH Wellness Nurse

SASH Community
- 70-100 Participants
SASH is available in 140 Affordable Housing Sites Across the State
Panel Characteristics:

- 90 Participants
- 40 live in Armory Lane Senior Housing
- Average Age - 76
Meet Larry and Diana
What’s Up with Larry?

• 75 years old
• Sports Fan! All kinds, especially the Red Sox
• Loves to cook and socialize
• Diabetes
• Bacterial Infections
• Nerve Damage
• Frequent Falls
• Generalized Anxiety Disorder
The SASH Model Focuses on Three Components of Care Management

- **Care Coordination**
  - Conducts wellness assessment
  - Convenes SASH team
  - Understands participants needs and preferences
  - Coordinates individual/community healthy living plans

- **Self Management**
  - Develops healthy living plan
  - Health Coaching SASH Participants
  - Provides reminders and in person check ins
  - Organizes presentations and evidence based programs

- **Transitional Care**
  - Coordinates with discharge staff, family and neighbors
  - Personal visit to review discharge instructions
  - Helps ensure a safe home transition
Larry’s Goals

1. Be able to attend local sports events

2. Cook his own meals
SASH Team Results

• Regular check-ins by SASH coordinator
• Local diabetes class found and transportation arranged
• Wellness Nurse provide coaching on recording insulin reading and communicating with PCP
• Companion volunteer found to go to sports events and help cook meals
• Personal Care services arranged by Home Health
What about the other 89 Participants?
Proactive Measures

Participants with Arthritis

Activities offered: Walking group, Walk and Rock, Bone Builders

Participants with hypertension

Services offered: Educational program with Wellness Nurse, blood pressure checks with SASH Coordinator and Wellness Nurse, “Eat This Not That” program and To Juice or Not to Juice demonstration
## The Community Healthy Living Plan

<table>
<thead>
<tr>
<th>Month</th>
<th>Physical Activity</th>
<th>Nutrition</th>
<th>Mental Health/Social Engagement</th>
<th>Other services/Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>July</td>
<td>Bone Builders 1x week Walking Group 2x week Senior Swim Aerobics</td>
<td>CVAA Mealsite 2 x per week, Commodities, Gardening Group Appreciation Luncheon</td>
<td>Gardening Group, Music Therapy with Bob, Bingo</td>
<td>Footcare Clinic, Vergennes 4th of July Fireworks</td>
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<td>August</td>
<td>Senior Swim Aerobics, Bone Builders 1x week Walking Group 2x week</td>
<td>All SASH Catered Barbeque with entertainment, CVAA Mealsite 2 X per week, Commodities</td>
<td>Senior Swim Aerobics, Gardening Group, Bingo</td>
<td>Footcare Clinic, YackYack Group (SASH Participants share their creations and talk with other creative people)</td>
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<td>September</td>
<td>Bone Builders 2x week Walking Group 2x week</td>
<td>CVAA Mealsite 2 X per week, Commodities, Souper Soup Event</td>
<td>Gardening Group Blood Pressure Clinic, Bingo</td>
<td>Footcare Clinic, StaySteady VT Falls Prevention Workshop and Personal Falls Assessments by PT’s</td>
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<td>Bone Builders 2x week Walking Group 2x week</td>
<td>CVAA Mealsite 2 X per week, Commodities, Souper Soup Event</td>
<td>Blood Pressure Clinic, Living With Loss Workshop, Bingo</td>
<td>Footcare Clinic Safe Driver Class</td>
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<td>Bone Builders 2x week Walk-N-Rock Group 2x week</td>
<td>CVAA Mealsite 2 X per week, Commodities</td>
<td>Thanksgiving Social Blood Pressure Clinic, Bingo</td>
<td>Footcare clinic Holiday Dinner</td>
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<td>Bone Builders 2x week Walk-N-Rock Group 2x week</td>
<td>CVAA Mealsite 2 X per week, Commodities, Holiday Meal</td>
<td>Blood Pressure Clinic, Bingo</td>
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Does the SASH model benefit Health Outcomes?

4 Selected Measures

1. Documented Advanced Directives
2. Shingles Immunization
3. Annual Falls Rate
4. Controlled Hypertension (BP < 140/90)
Documented Advanced Directives

Source: 2014, American Journal of Preventative Medicine
Documented Advanced Directives

Source: 2014, American Journal of Preventative Medicine
Percent of active SASH participants with Immunizations
Percent of SASH participants who have fallen in the past 12 months

Source: World Health Organization (WHO)
http://www.who.int/ageing/projects/falls_prevention
Controlled Hypertension

Source: 2012, American Health & Drug Benefits
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4046467/
Controlled Hypertension

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Does the SASH Model Help Control the Growth of Health Care Expenditures?

- January 2016
- SASH sample size = 1602
- 3 years of implementation
- Growth in annual Medicare expenditures was statistically significantly lower, by an estimated $1,536 per beneficiary, in early panels.
What’s Next?

• Spread our Success- Replicate!
• Use SASH Platform for specific public health initiatives:
  – Hypertension control
  – Zero Suicide Initiative
  – Depression Care
  – Dementia Care
  – And many more....
Contact Information

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