



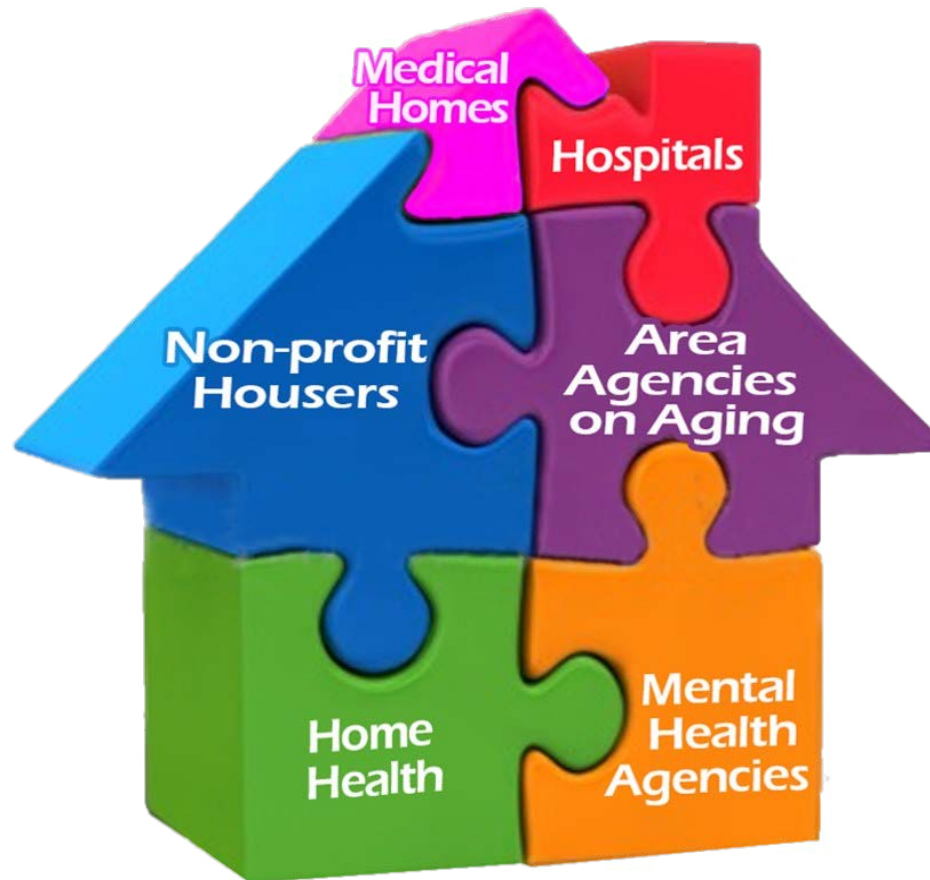
SASH *a caring
partnership*
SUPPORT AND SERVICES at HOME

*A caring partnership to help seniors
and individuals with special needs
stay at home and healthy*

National Academies of Sciences, Engineering, and Medicine

December 12, 2016

Housing- A Platform for Population Health Based on Partnerships



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.

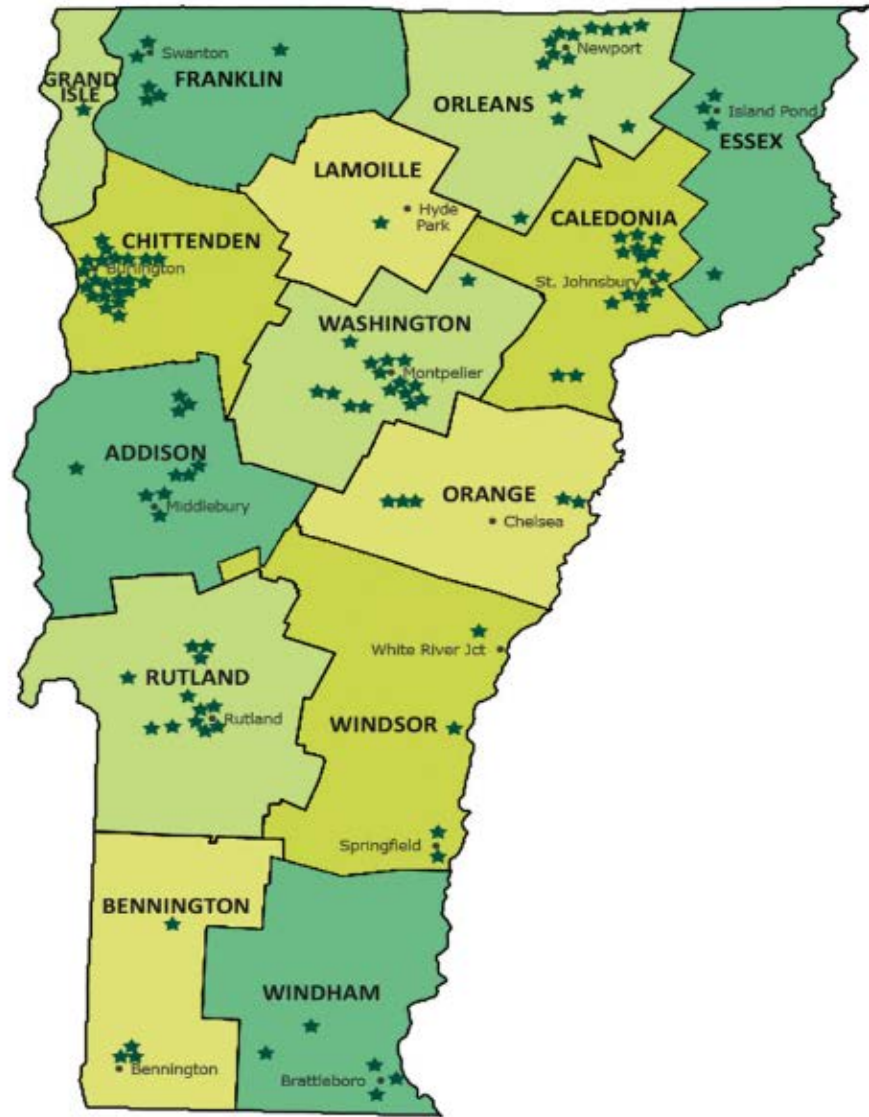


Building the Platform – SASH Team



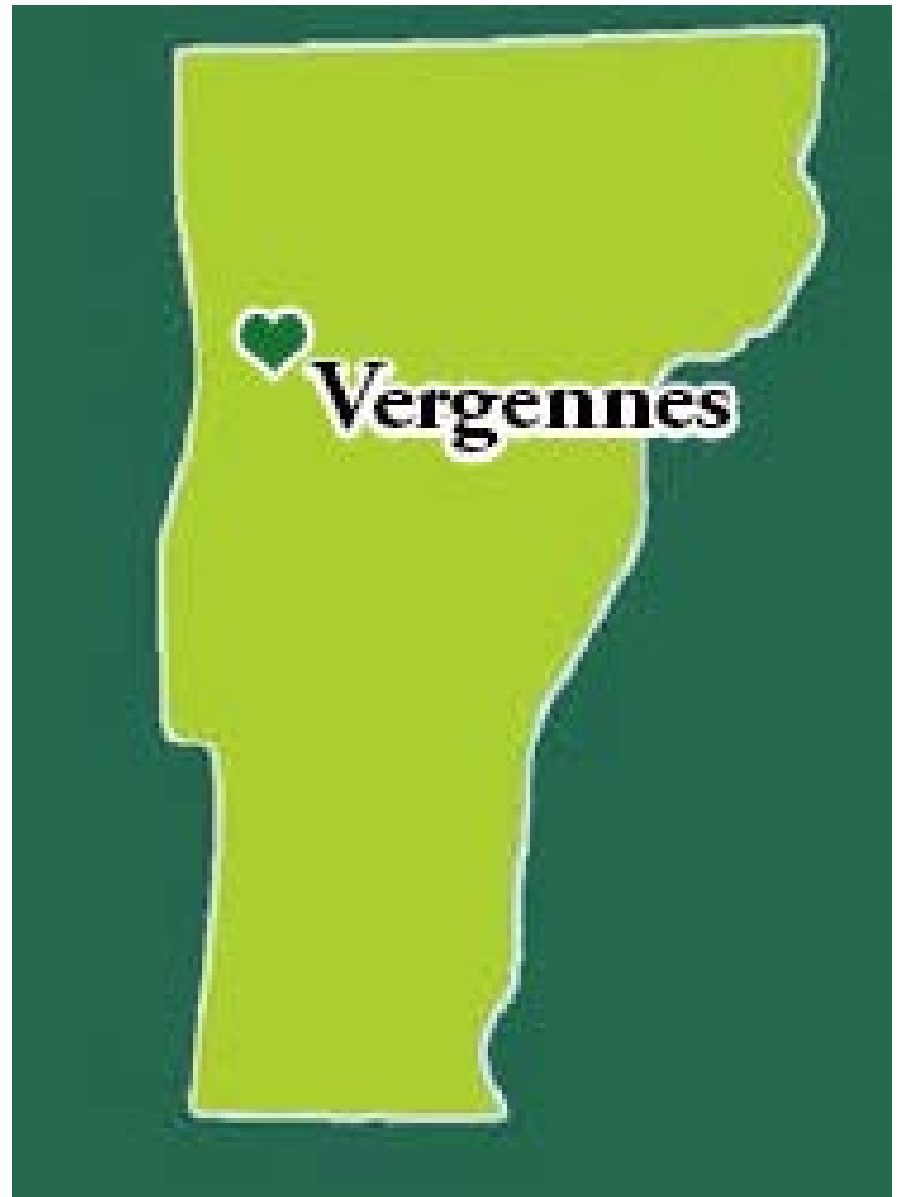
**SASH is
available in
140
Affordable
Housing Sites
Across the State**

SASH STATEWIDE LOCATION MAP



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

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

Care
Coordination

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

Self
Management

- Coordinates with discharge staff, family and neighbors
- Personal visit to review discharge instructions
- Helps ensure a safe home transition

Transitional
Care

SASH Partners



The
Counseling Service
of Addison County, Inc.



ADDISON COUNTY
**HOME HEALTH
& HOSPICE**
Your nonprofit VNA since 1968



Little City Family Practice
Providing comprehensive care for all ages

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

	Physical Activity	Nutrition	Mental Health/Social Engagement	Other services/Presentations
July	Bone Builders 1x week Walking Group 2x week Senior Swim Arobics	CVAA Mealsite 2 x per week, Commodoties, Gardening Group Appreciation Luncheon	Gardening Group, Music Therapy with Bob, Bingo	Footcare Clinic, Vergennes 4th of July Fireworks
August	Senior Swim Arobics, Bone Builders 1x week Walking Group 2x week	All SASH Catered Barbeque with entertainment, CVAA Mealsite 2 X per week, Commodoties	Senior Swim Arobics, Gardening Group, Bingo	Footcare Clinic, Yack Yack Group (SASH Participants share their creations and talk with other creative people)
September	Bone Builders 2x week Walking Group 2x week	CVAA Mealsite 2 X per week, Commodoties, Souper Soup Event	Gardening Group Blood Pressure Clinic, Bingo	Footcare Clinic, Stay Steady VT Falls Prevention Workshop and Personal Falls Assessments by PT's
October	Bone Builders 2x week Walking Group 2x week	CVAA Mealsite 2 X per week, Commodoties, Souper Soup Event	Blood Pressure Clinic, Living With Loss Workshop, Bingo	Footcare Clinic Safe Driver Class
November	Bone Builders 2x week Walk-N-Rock Group 2x week	CVAA Mealsite 2 X per week, Commodoties	Thanksgiving Social Blood Pressure Clinic, Bingo	Footcare clinic Holiday Dinner
December	Bone Builders 2x week Walk-N-Rock Group 2x week	CVAA Mealsite 2 X per week, Commodoties, Holiday Meal	Blood Pressure Clinic, Bingo	Footcare clinic Christmas "Isn't just for kids" Event

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The Rockin' Walkers

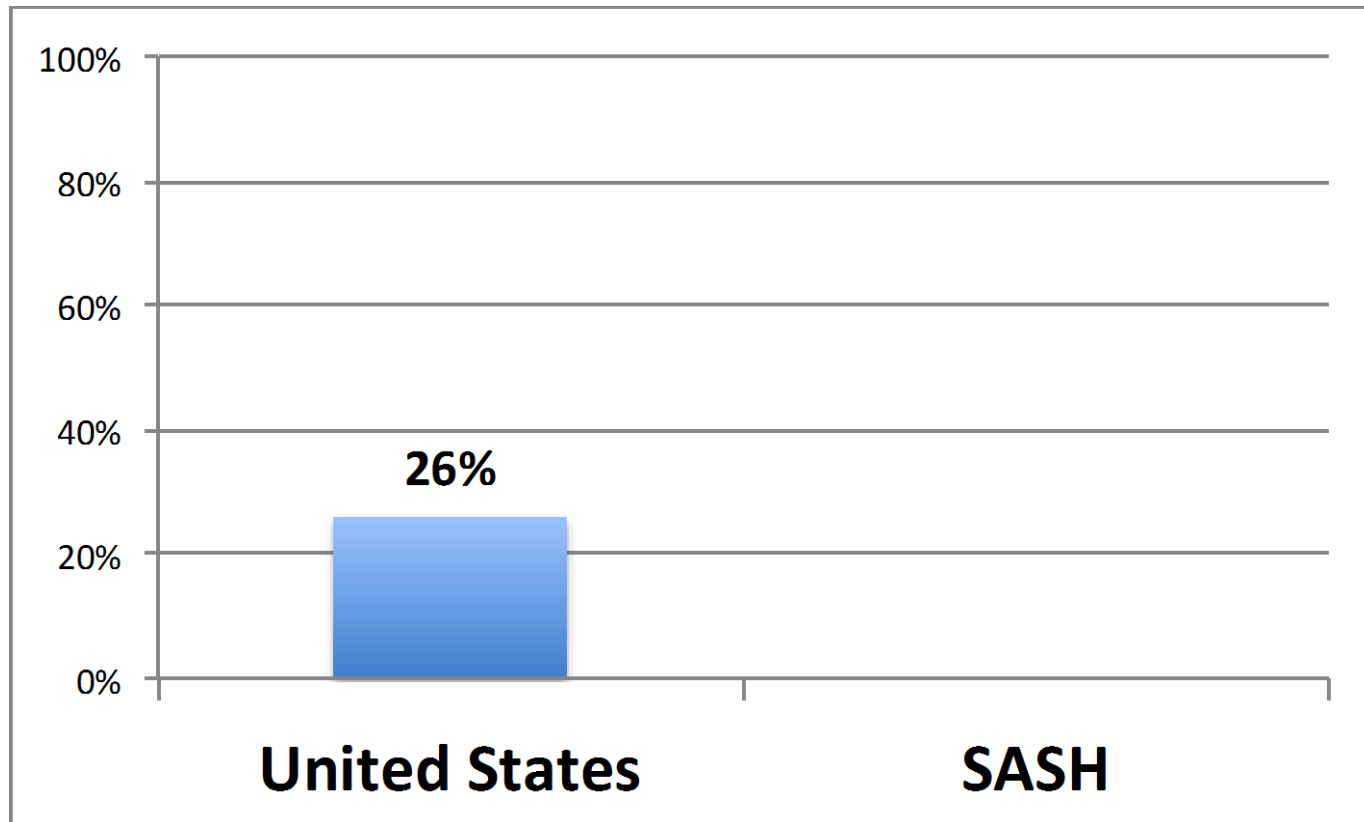


Does the SASH model benefit Health Outcomes?

4 Selected Measures

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

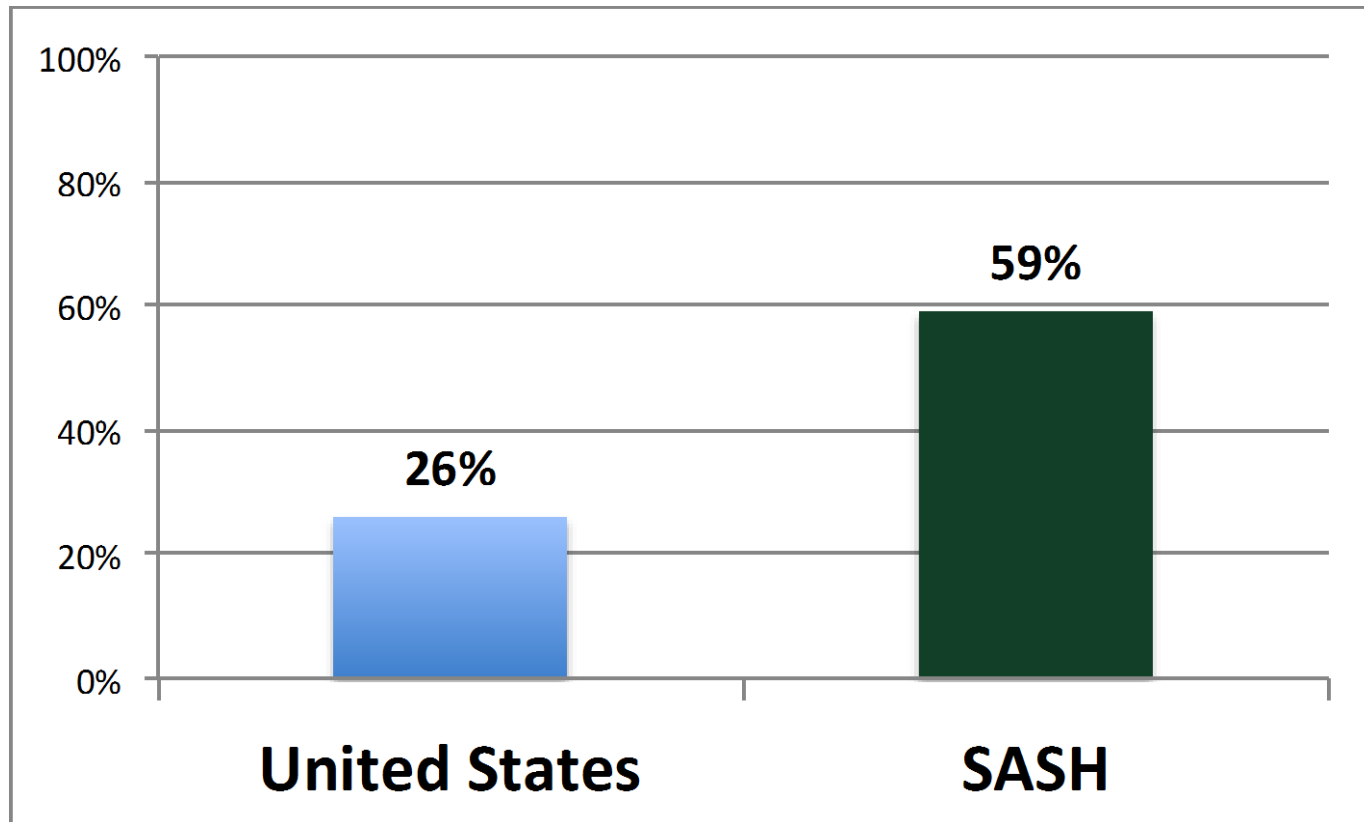
Documented Advanced Directives



Source: 2014, *American Journal of Preventative Medicine*

<http://www.nhpco.org/press-room/press-releases/new-study-advance-directives>

Documented Advanced Directives

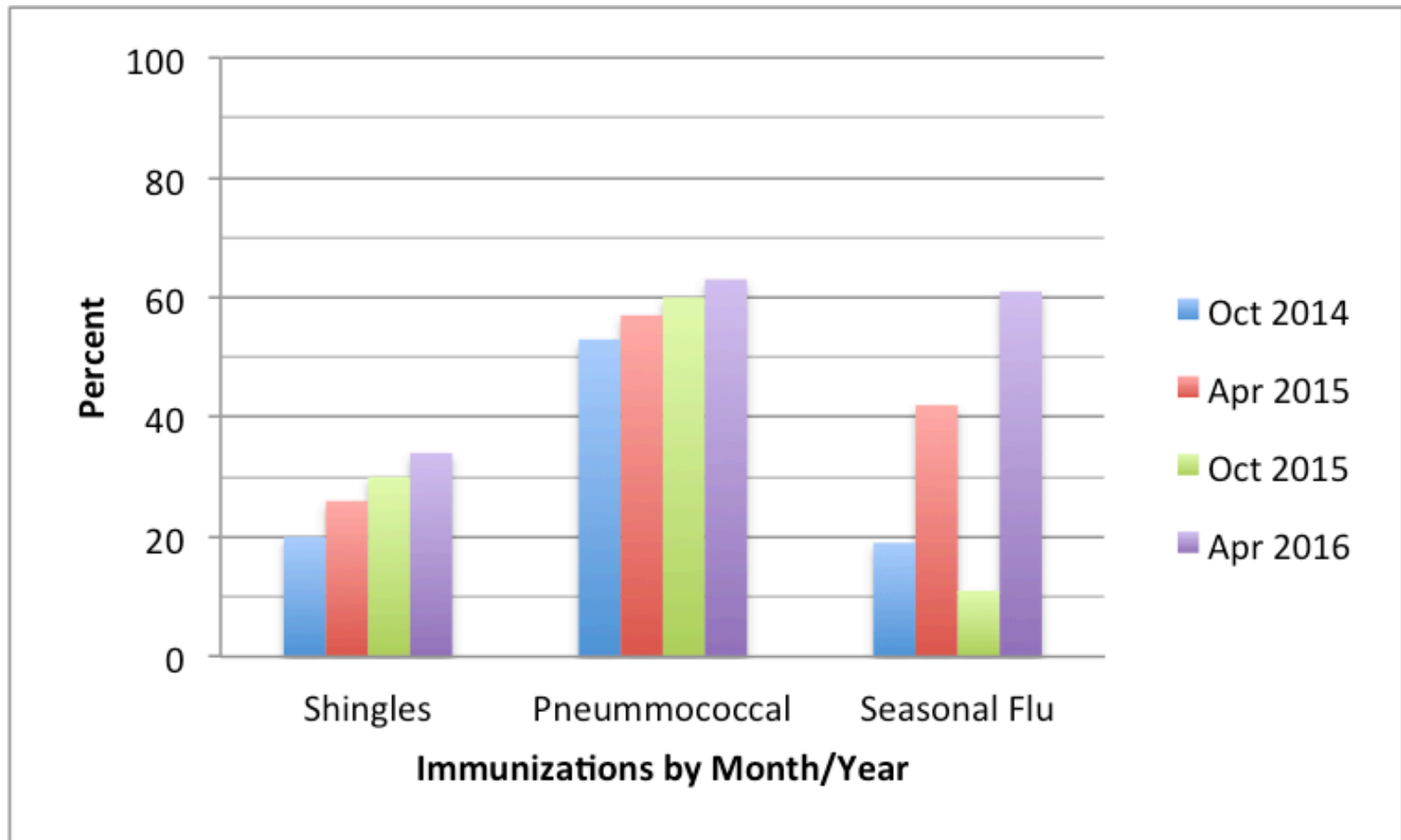


Source: 2014, *American Journal of Preventative Medicine*

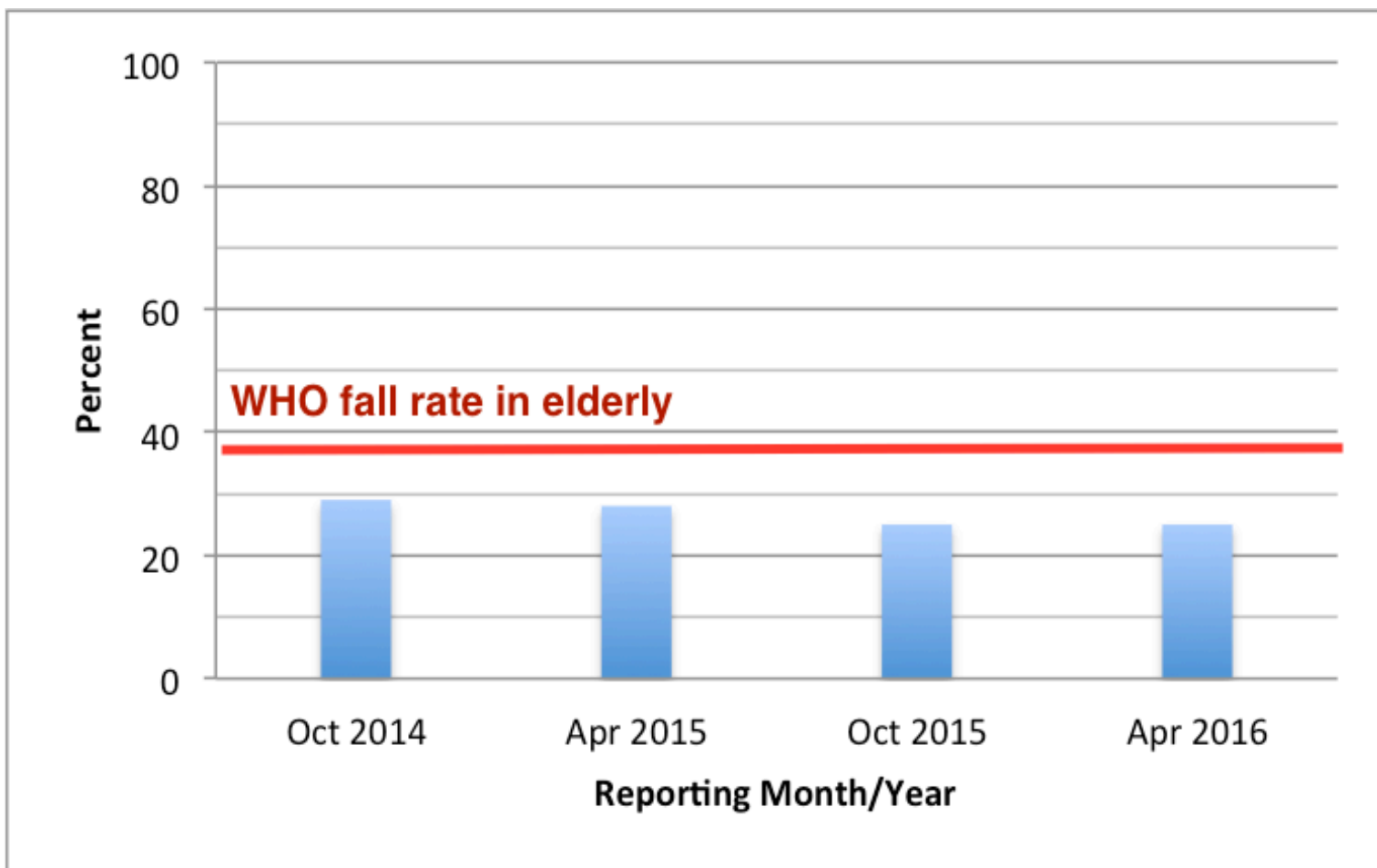
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SASH Health Outcomes (Oct 2014 – Apr 2016)

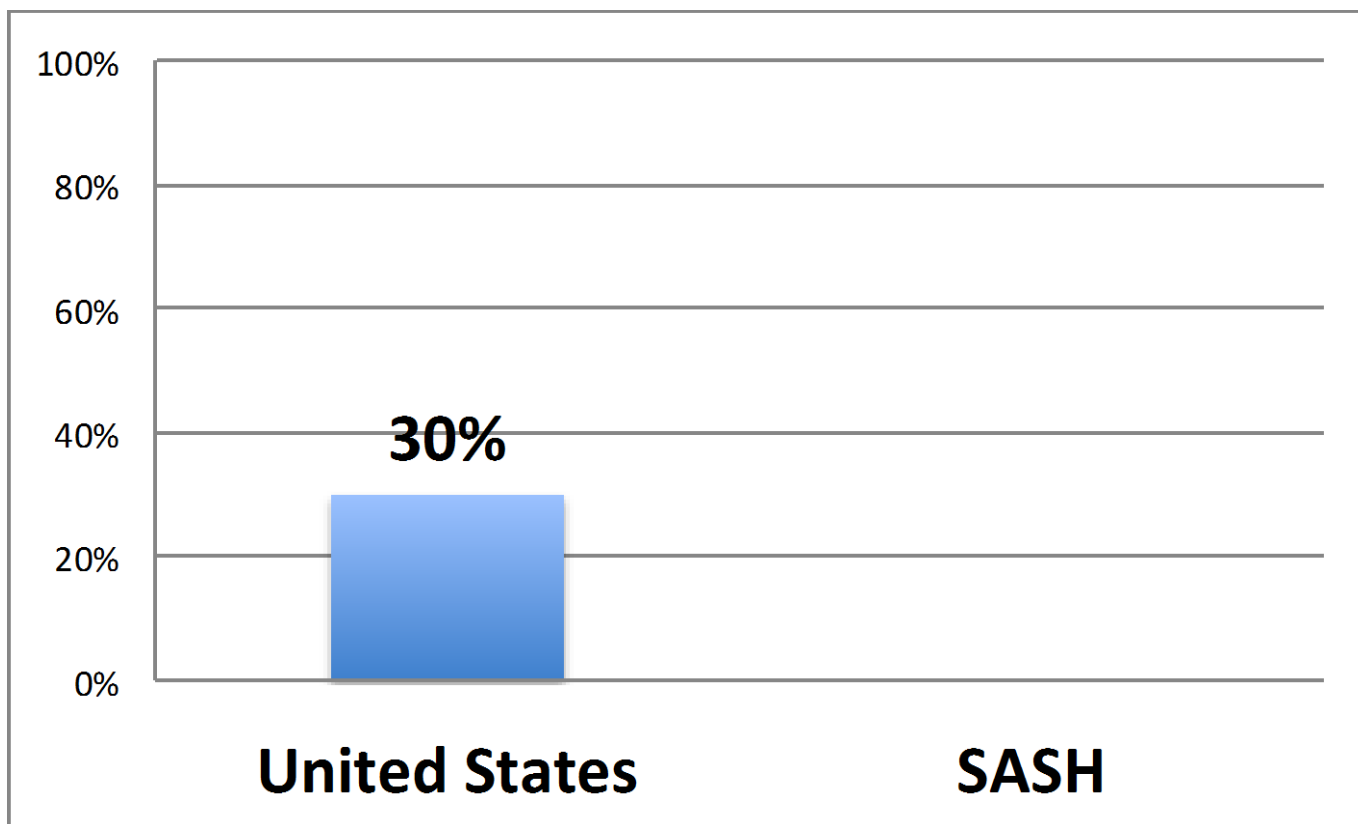
Percent of active SASH participants with Immunizations



Percent of SASH participants who have fallen in the past 12 months



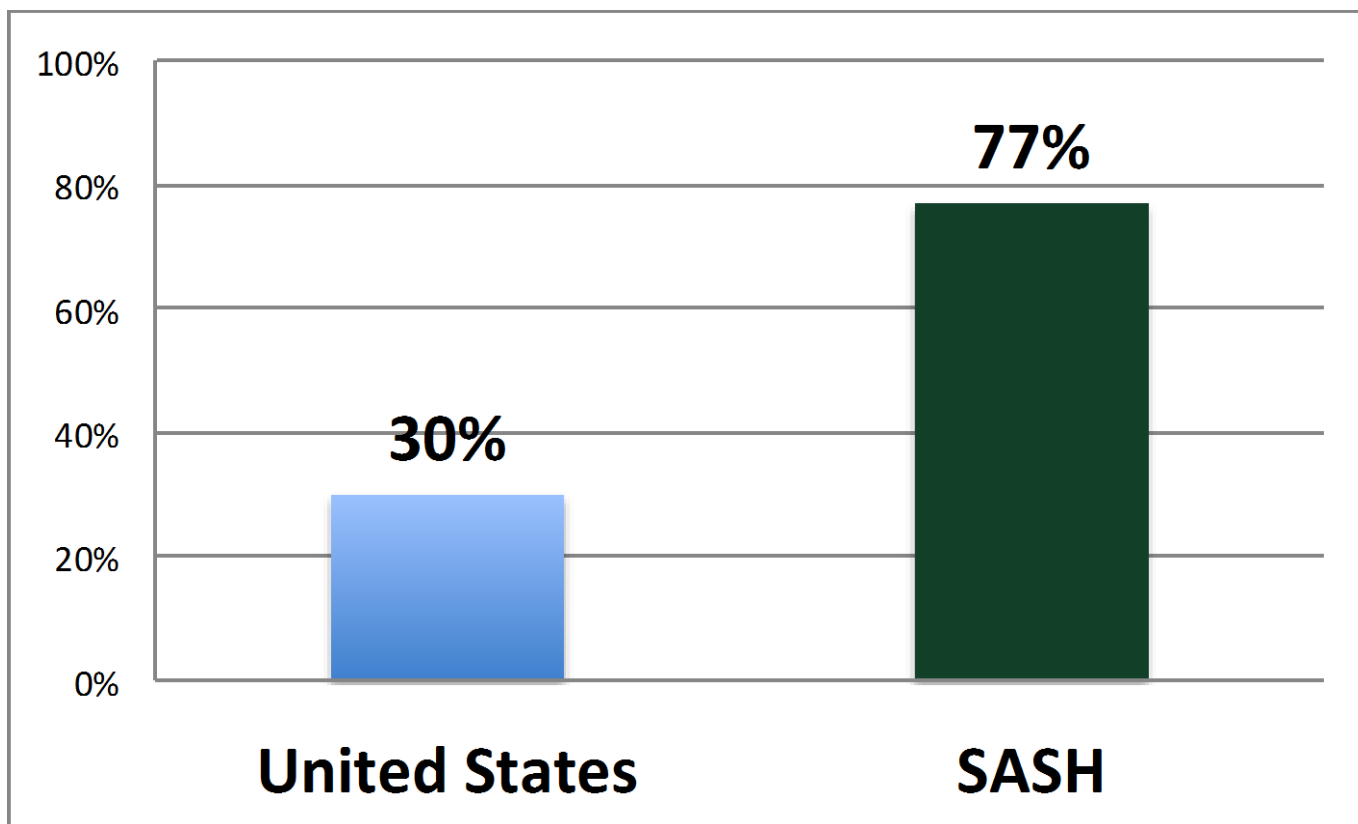
Controlled Hypertension



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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www.SASHVT.org