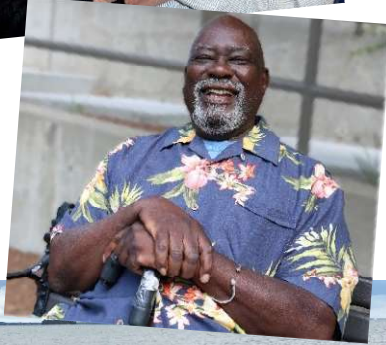
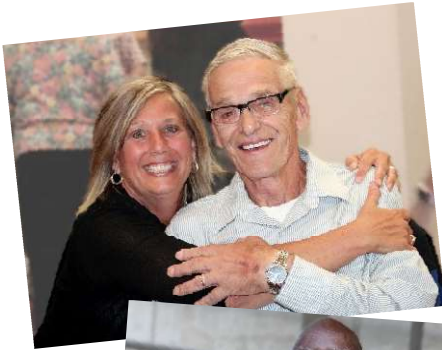


# WE'RE HERE FOR YOU!

**What is SASH?** SASH is “Support and Services at Home,” a completely **free** and voluntary program that provides helping hand in staying safe, healthy and living at home. We work with you to **assess your health and wellness needs, connect you with resources, and help you meet your goals** — goals *you* decide for yourself.



## What Do SASH Participants Receive?

- A comprehensive Health & Wellness Assessment, updated yearly
- A personalized Healthy Living Plan, based on your self-identified goals
- Access to fun and informative events as part of your local Community Healthy Living Plan — including group outings, exercise classes, educational programs, workshops, and opportunities to socialize with peers
- Regular check-ins and support from your SASH Coordinator and SASH Wellness Nurse
- Support in making a successful transition back home after a stay in a hospital or rehab facility
- An informed team to help in a crisis or special time of need



**SASH is person-centered...around YOU.** We get to know you and your preferences, which guides everything we do.

**SASH is focused on prevention, education and support.** We give you the education and tools you need to help you meet your personal health and wellness goals.

**SASH links you to programs and services that best meet your needs,** based on the varied expertise and affiliations of SASH team members.



For more  
information  
contact:

Amy Laquerre, SASH Coordinator, 802-365-7190 opt. 9  
or [alaquerre@valleycares.org](mailto:alaquerre@valleycares.org)

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