

# SASH

SUPPORT & SERVICES  
at HOME  
a caring partnership



## What is SASH?

Support And Services at Home (SASH) is a collaborative program that offers coordinated supportive services where you live. We will work with you to **assess your health and wellness needs, connect you with resources, and meet your goals.**

## What Does SASH Provide to Participants?

- Comprehensive Health and Wellness Assessment
- Healthy Living Planning – In which we provide you with tools and resources to meet your wellness goals
- Informed Team to Help in Crisis
- Support With Transitions Back Home From a Hospital or Rehab Stay
- Community Healthy Living Plan – Which offers **free** exercise classes, education, and opportunities to socialize with peers
- Check-ins & Coaching
- Wellness Nurse Supports

**SASH is person-centered** - We want to know you and your preferences.

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

Your SASH team will use its varied experience to **link you to the programs and services** that best meet your needs.



**For more information contact**  
**Alicia Moyer, SASH Coordinator**  
Valley Cares, Inc.  
Phone: (802) 365-4115 ext.108  
Email: [AMoyer@valleycares.org](mailto:AMoyer@valleycares.org)  
[www.sashVT.org](http://www.sashVT.org)