



REFERRAL FORM

If you work with a person you feel would benefit from SASH (Support And Services at Home), please complete this form email or fax it back to us. Or visit us at sashvt.org to submit the form online.

Support And Services at Home is a FREE program available to Medicare recipients*

*In some circumstances, SASH is available to non-Medicare insured people- contact us for more information.

Referring Person’s Information

Referring Person’s Name: _____

Referring Organization Name: _____

Phone: _____ email: _____

Date client consented to SASH referral? _____

Participant’s Information

Participant’s Name: _____

Address: _____

Date of Birth: _____ Should we contact participant directly? ___Yes ___No

Phone Number (Home): _____ Phone Number (Cell): _____

Does Participant have Medicare? ___Yes ___No Does Participant have Medicaid? ___Yes ___No

Primary Care Physician: _____ Primary Care Site: _____

Other services currently in place:

- | | |
|-----------------------------|-------------------------|
| Agency on Aging | Meals on Wheels |
| Mental Health support | Homemaker/Personal Care |
| Home Health Skilled Nursing | Other Agencies Involved |

Please list contact information for agency support providers below:

Please direct questions to:
Betsy Ouellette, SASH Coordinator
93 Mountain Street, Bristol, VT 05443
Phone: 802-453-6877
Email: betsy@addisontrust.org

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.** There are SASH Hubs throughout the state. Ask your provider for the nearest SASH site or email SASH@cathedralsquare.org and we will get you connected.

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.

SASH does not provide direct services, such as homemaker services, but instead the SASH team will use its varied experience to link you to the programs and services that best meet your needs.



There is no cost to enroll in SASH and participation is completely voluntary

For more information or to join the SASH Program, email SASH@cathedralsquare.org to be connected with the SASH site nearest you.