



**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](http://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:**  
**Becky Stockhaus Arbella, SASH Coordinator**  
 PO Box 731, Manchester Center, VT 05255  
**Phone: 802-442-9920**  
**Email: [becky.arbella@shireshousing.org](mailto:becky.arbella@shireshousing.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](mailto: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 and 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](mailto:SASH@cathedralsquare.org) to be connected with the SASH site nearest you.