

## Support and Services at Home = SASH

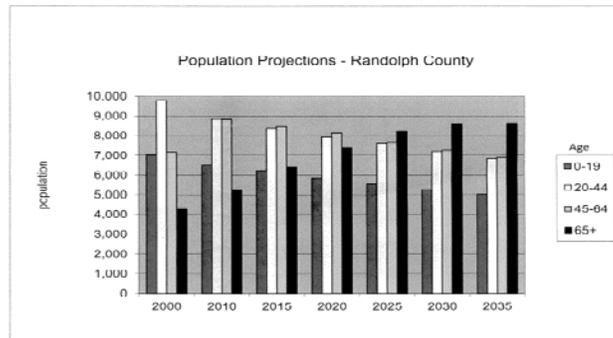
How four local partners are building a housing-centered model for “aging in place” in rural WV

## Who is Randolph County Housing?

- A Housing Authority with a community development mission;
- A source of Rental Assistance for low-income residents (“Section 8”);
- An owner and manager of rental housing – 90 units under management in Randolph, Barbour & Tucker counties;
- Founder of the Wellness Collaborative.

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

## Why Support & Services at Home?



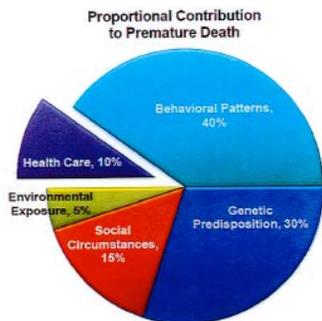
## SASH Program in Vermont

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

Cathedral Square Corporation (a statewide CDC)

Rural Edge (serving the most rural region of VT)

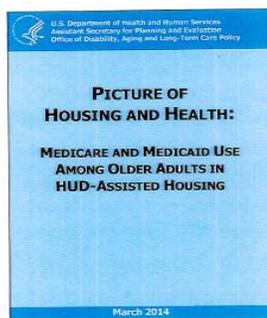
## Behavior, Social Circumstances and Environment Determine Health



Source: Schroeder, S. We Can Do Better. *N Engl J Med* 2007;357

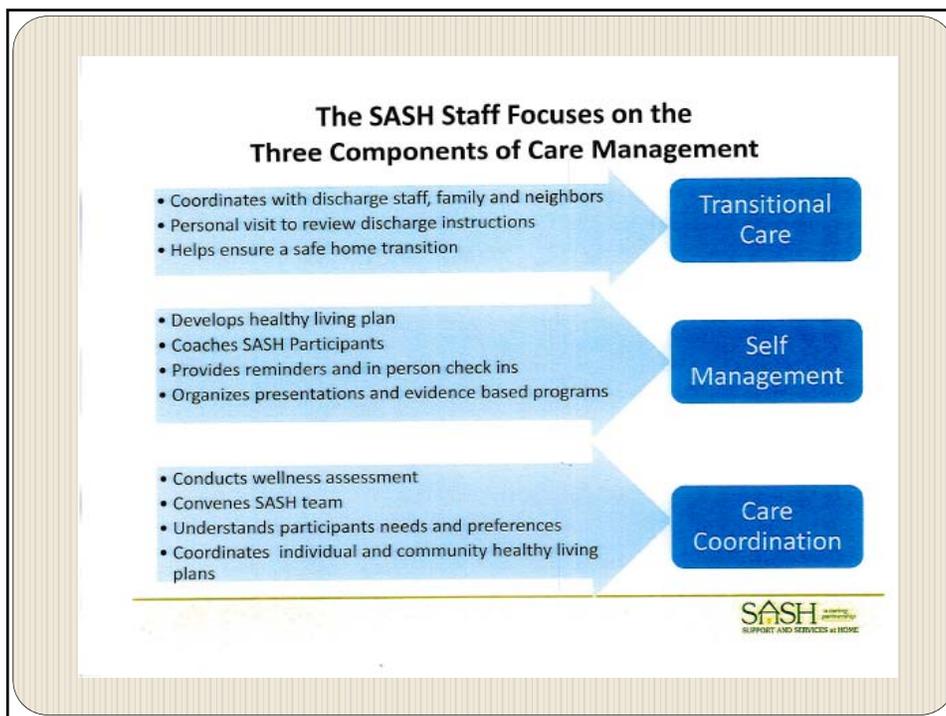
SASH  
SUPPORT AND SERVICES AT HOME

## Social Circumstances and Health



- PMPM costs for Medicaid FFS were 32% higher for HUD-assisted (HA)
- Of the HA Medicare beneficiaries, 68% were dually eligible
- 55% of HA had 5+ chronic conditions
- Medicare costs 16% for HA due to higher usage

SASH  
SUPPORT AND SERVICES AT HOME



## Results from Vermont's "SASH"

- 19% reduction in hospitalizations
- No bounce backs from Nursing Homes
- Reduced falls- 22%
- Increased physical activity
- Reduced nutritional risk- 26% reduction

*Better health, better care & lower costs*



VERMONT  
**Blueprint for Health**  
Smart choices. Powerful tools.

One Team Supporting One Panel of 100 Participants

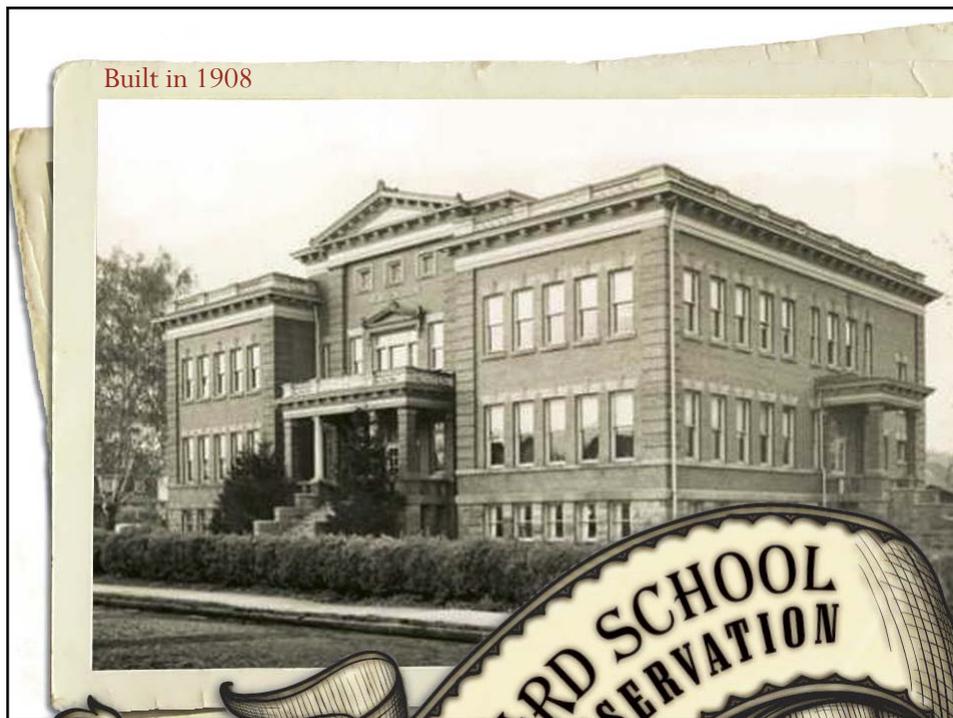


## Wellness Collaborative Mission:

To promote an active, purposeful quality of life for our local residents--so they may live safely in their homes, experience wellness, and avoid costly and traumatic emergency and institutional care.

## “The Wellness Collaborative”

- A Partnership to provide a coordinated health and wellness program to senior residents, based on the “SASH” model in VT
- Partners include RCHA, Davis Health System, Randolph County Senior Center, Randolph-Elkins Health Department
- Program focuses on **measurable outcomes** for each resident that enrolls– in terms of prevention & management of chronic health conditions and common problems of aging
- Evaluation will be conducted; present progress against goals and lessons learned.



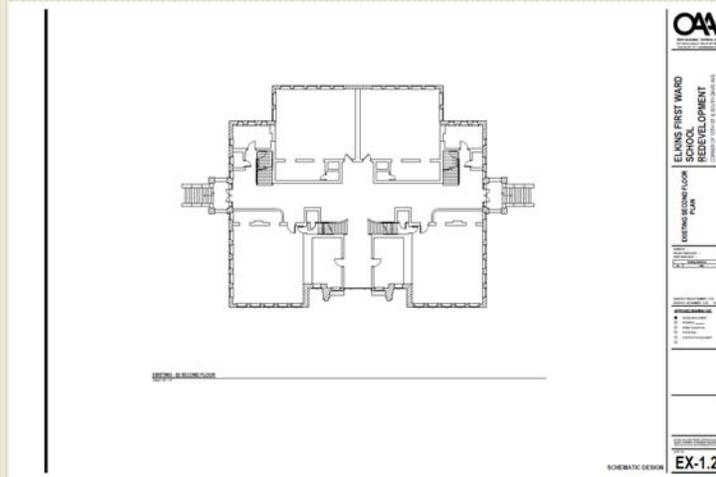
Vacant for many years until 2012 . . .



September 2013 . . .



Before . . .



After . . .



Before . . .



After . . .



Before . . .



After . . .



## Healthy Home Program

- Enrollment is free to residents of First Ward School Apartments
- Participants receive a free Health Assessment from an RN (“Wellness Nurse”) and a Wellness Companion Binder
- They create a Health Action Plan, which sets measurable short-term goals
- A Community Health Action Plan for the building identifies shared goals of tenants and provides for educational and support programming in (and outside) the building
- The Wellness Nurses coordinate support, services and follow up, including any transition assistance, if needed
- Volunteers and community partnerships will be key to success

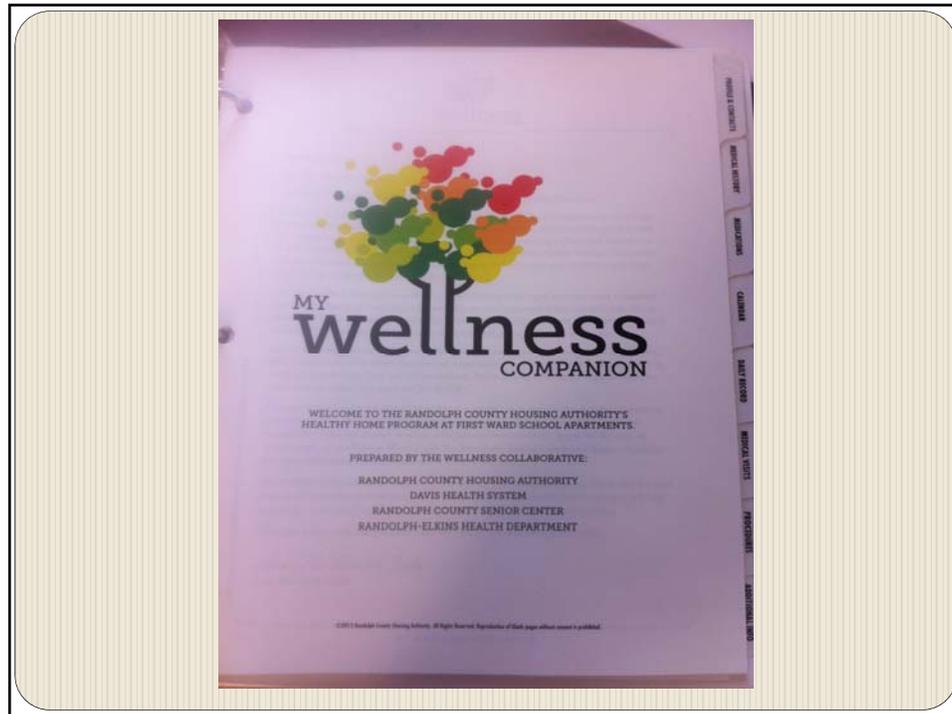
## Key Components

### Wellness Companion Binder:

- Home to all health-related information; shareable with primary care and ER docs; shareable with family & friends.
- Free to all participants.
- Copyrighted.

### Assessment, HAP & CHAP:

- Assessment form collects health data through interview; also used annually for updates
- Health Action Plan
- Community Health Action Plan



## Commitment of Davis Health System

- Designate a Wellness Nurse to provide services to the First Ward HH Program and to serve on the HH Core Team, .
- Provide data to the Wellness Collaborative that allows year-to-year comparison of emergency room and inpatient admissions for each HH Program participant.
- Promote the Wellness Collaborative to members of the Davis Health System in order to develop an understanding of the Wellness Collaborative

## Commitments of Senior Center and Health Department:

### SENIOR CENTER:

- Designate a Case Manager (or Wellness Nurse) to provide services to Participants
- Participate in Core Team
- HIPAA training for designated staff

### HEALTH DEPARTMENT:

- Provide educational programs and services re chronic disease prevention and care
- Provide training to Core Team on methods & best practices for improving wellness of participants
- HIPAA training for designated staff

## RCHA Commitments:

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- Serve as Housing Host for the demonstration project
- Assign staff as Resident Coordinator with duties relevant to Healthy Home Program
- Seek authorizations from enrolled participants to share information
- Ensure that staff are HIPAA trained
- (Informal: Act as Director of the program during the demonstration period.)

## Healthy Home Program Measurable Goals:

- Help enrolled residents achieve at least **80% of their six and twelve month health & wellness goals.**
- **Reduce emergency room visits and emergency hospitalization** for participants, compared to both their recent past, and to the average number of these incidents experienced by like individuals. (Design an **economic measure** for this.)
- The results of the First Ward School Apartments Healthy Home program will be used to seek support for expansion to additional sites and/or seniors.
- A professional evaluation has been commissioned and work is underway with progress report expected in November and final report next May.

## Coming Up Next:

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- ❖ Expansion to two new sites in 2015
- ❖ Multi-state collaborative effort to duplicate SASH in WV, TN and KY
- ❖ Evaluation of Healthy Home Program in Spring 2015

Thank you!

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