



## News Briefs

### SASH Praised in National Article on the Pressing & Growing Need for Affordable Senior Housing

Older Americans today are more vulnerable to poverty than previous generations and need affordable housing at an ever-growing rate, says a July 24 article in *Multifamily Executive* titled "[Seniors Have the Steepest Housing Challenge](#)."

Noting that most people prefer to age in their own homes, the author cites "a new HUD demonstration program...based on [SASH], a highly successful program that's been active for several years in Vermont," which will "save the federal government a lot of money," says Linda Couch, vice president of housing policy with [LeadingAge](#).



### New Video Aims to Boost Number of Vermonters with Advance Directives

Increasing the number of Vermonters with advance directives for end-of-life care has been a priority for SASH from the beginning. In fact, nearly 60% of SASH participants have such plans compared to just 26% of Medicare recipients nationwide. We're also part of the "Taking Steps" multi-agency "collective impact" collaborative, funded by the UVM Medical Center, focused



on raising awareness about the importance of end-of-life planning *regardless* of one's age. Resources include [a recently released video titled "Who's Your Person, What's Your Plan?"](#) and a variety of other materials from the [Vermont Ethics Network](#).

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## Falls Free Vermont: Fighting the Frequency of Falls among Older Adults

As noted last month, SASH is part of the [Falls Free Vermont Coalition](#), a program of the Vermont Department of Health. An article by program coordinator Stephen DeVoe written for this month's newsletter notes that Vermont consistently ranks among the worst 10 states in the U.S. for falls by older adults. DeVoe reviews the data and offers some steps caregivers and family members can take to prevent falls and reverse the statistics about the excessive injuries, deaths and medical expenses attributed to falls. [Read his article here](#).



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## Reframing, Raising Awareness & Communicating about Elder Abuse

Public awareness has grown about issues related to violence and abuse, particularly with regard to women and children. Older people, meanwhile, are largely left out of these conversations--even though elder abuse is common and has serious consequences for individuals, families and society, notes the DC-based FrameWorks Institute. The institute has created a communications toolkit, "[Talking Elder Abuse](#)," which presents two evidence-based communications strategies to build awareness of this issue and reverse the tide. The resources are part of [a related set of FrameWorks materials](#) on reframing aging.



## Opinion

### Elders' Wisdom & Experience Critical to Vermont's Economic Future

Writing in response to an article by economist Art Woolf pinning Vermont's future on its ability to attract and retain young workers, [Angela Smith-Dieng](#) of the Vermont Department of Disabilities, Aging & Independent Living offered this:

"What does it mean that Vermont has an older population? Certainly we face challenges; we need more affordable housing, more transportation options, and a robust healthcare workforce and community services system to support us as we age. At the same time, as **Vermonters live longer, healthier lives, we are building momentum toward strong and vibrant communities by contributing time, talents and accumulated wisdom with younger generations** in so many ways -- through work, artistic creation, civic engagement, and volunteering to name a few. Older Vermonters are not only our tax payers but our citizen legislators, Meals on Wheels drivers, school mentors, and so much more. Truly, our state is enriched by the incredible value older people bring to every community.



"Rather than feeling discouraged by the demographic shift, I have great hope for our future. I believe that Vermonters, young and old, are creative problem solvers and will embrace the positive attributes of Vermont's new demographics.... The real story, beyond the numbers of births, deaths and taxes, is about creating the kind of Vermont where we all, regardless of age, feel welcomed, valued, supported and able to thrive."

## Professional Development Opportunities

### NAMI Support Groups throughout Vermont

[The Vermont Chapter of the National Alliance on Mental Illness](#) offers a variety of family and peer support groups for family members and friends of people with mental health conditions. These free, 90-minute support groups provide opportunities for frank discussions about challenges and the sharing of coping strategies. See the schedules and locations of [Family Support Groups](#) and [Peer Support Groups](#).

*For links to details about the following events, see the [SASH Calendar](#).*

- August 22 - Through the Eyes of Dementia, Shelburne (Alzheimer's Association)
- August 28 & 29 - Fall Prevention Tai Chi, Additional Moves & Recertification, Randolph or Montpelier
- September 5 - November 21 (12 consecutive Tuesdays): NAMI Family-to-Family course, Rutland
- September 15 - Aging in Vermont: Communities on the Move conference, Killington (VT Assn. of Area Agencies on Aging)
- September 19 - Person-Centered Interviewing, Randolph (VT Assn. of Area Agencies on Aging)
- September 19 - Focus on Family Caregivers, Randolph (VT Assn. of Area Agencies on Aging)
- September 22 - National Falls Prevention Awareness Day
- September 24 - MINDwalk, Burlington (National Alliance on Mental Illness)
- September 27 - Medicare from A to D, webinar (VT Assn. of Area Agencies on Aging)
- October 2 - Elder Abuse, Exploitation & Self-Neglect, Randolph
- October 4 - Falls in High-Risk Populations, conference, Bedford NH
- October 18 - Vermont Health Programs, Webinar
- October 25 - Geriatric Pharmacology for the Interprofessional Team, Lebanon, NH

## SASH Online Resources

### SASH Job Opportunities

Learn about [available positions](#) with SASH organizations statewide.

### SASH Forum

For **current training information** as well as staff tools and resources, visit the [SASH Forum](#) on our website.

### SASH Website

For the most **up-to-date contact list and referral forms**, visit [sashvt.org](http://sashvt.org).



