



Celebrating Falls Prevention

VT Celebrates National Falls Prevention Awareness Day

September 22nd 2016, marks the first day of fall, but Falls Free Vermont is working hard to make sure less Vermonters are falling.

Falls Free Vermont, a coalition of public and private partners across the state, is working hard to educate individuals, health care providers, and whole communities to take simple steps to reduce falls risk. Physical Therapists across the state are volunteering their time at "Stay Steady Events" at 35 locations, 24 of those hosted by SASH. These events raises awareness about how to prevent fall-related injuries among older adults.

Together we can improve the rate of falls in Vermont. Vermont is ranked 41st worst in the nation for the state's high prevalence of falls, costing both families and our healthcare system greatly. Paramedic Jay Wood of Newport Ambulance sees this first-hand on a daily basis. "Falls are our number one 911 call, even surpassing chest pain or respiratory distress," he says.

The UVM Center on Aging is hosting information on times and locations.

For more information call the statewide Senior HelpLine at 1-800-642-5119 or <http://www.med.uvm.edu/centeronaging/researchresources/fallsprevention>

Stay Independent

Falls are the main reason why older people lose their independence.

Are you at risk?



Featured SASH Site

Bennington Northshire

We tackle one participant's need, challenge or goal

at a time. With all participants living in their own homes in four rural towns, we have been successful in connecting many individuals with others with common interests or common health challenges.

[Read More](#)



Partner Announcements

Is Zero Suicide Possible?

"Zero Suicide" conceptualizes the idea that suicide among people receiving health care is preventable.



Upcoming Health and Learning Trainings & Events



U Matter Help and Information

Listen to [The Center for Health and Learning](#) executive director, Dr. JoEllen Tarallo -along with Dr. Stephen Broer, director of the Behavioral Health Services Division at Northwestern Counseling & Support Services - discuss suicide prevention strategies in this live interview with Vermont Public Radio.

[Listen to Full VPR Story](#)



The Center for Health and Learning says Vermont's suicide rate of 19 exceeds the national rate of 13.
PEOPLEIMAGES / ISTOCK.COM

Rhode Island to Replicate SASH



Saint Elizabeth Community received an \$80,000 grant from Tufts Health Plan Foundation to fund a pilot project at Saint Elizabeth Place which will assist older adults manage their health. The goal is to improve the health outcomes for these residents and to reduce the cost of care.

The WellCare program is modeled after a Vermont care model called Support And Services at Home (SASH) and it utilizes a multi-disciplinary team of health care and community service providers who will meet monthly to coordinate care.

Professional Resources

Why Volunteering is Good for Your Health

Volunteering is good for your mental health, especially in middle age and beyond, according to a new study.

[Continue Reading](#)



Partnering in Self-Management Support: A Toolkit for Clinicians

Helping patients and families self-manage chronic conditions is a concept that is becoming mainstream. Click the link below to learn about a Toolkit from the Institute for Healthcare Improvement.

[Continue Learning Here](#)



Interested in Diving Deeper?

Hear from clinicians on how they incorporated self-management support in their care for their patients with Diabetes in the Patient Centered Medical Home.

[Enjoy Presentation Here](#)



Professional Development Training

Statewide Opportunities

[Full Calendar of Training Events](#)

- September 26 - Elder Abuse, Exploitation and Self-Neglect, Randolph
- September 28 - SASH Privacy Officer Training, on-line
- September 29 - Suicide Prevention Among Older Adults, on-line
- October 4 - Nurse as Health Coach, Barre
- October 6 - FRESHSTART training, Rutland

- October 7 - HLW Refresher, Northern Tier, NVRH
- October 13 & 14 - Asthma Educator Institute, Rutland
- October 18 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- October 19, 20, & 21 - Buried in Treasures Workshop Facilitation Training (supporting individuals with hoarding disorders), White River Junction
- October 20, 21 - Pain Cross Training, NVRH
- October 26-27 - YMCA's Diabetes Prevention Program, TBD
- October 28 - SBIRT Substance Abuse Awareness & Screening Training, Randolph
- November 12-13 - Fall Prevention Tai Chi Instructor Training, Barre
- November 15 - Suicide Prevention Awareness Training of Trainers, Montpelier
- November 17 - Fall Prevention Tai Chi - Advanced Moves, TBA
- December 12 - Worker Safety, Randolph
- January 25, 2017 - A Day with Dr. Gabor Mate, Burlington

SASH Online

SASH Forum

For **current training information**, as well as current tools and resources visit our [SASH forum](#). It is accessed through our website.

SASH Website

For the most **up-to-date contact listing and referral forms** visit our SASH website sashvt.org.



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