FACT SHEET

# FastTrack Home

## Elderly Services Program

**FastTrack Home provides older adults with quick access to in-home care services when they are leaving a participating hospital or nursing home. These temporary in-home services support recovery and help prevent unnecessary return visits to the hospital or nursing home. Enrollment is not based on income.**

**When can I go home?**
When you are in the hospital or nursing home, we know your priority is getting home. But, it is also important to make sure you have the care and support you need for a successful recovery. Council on Aging's FastTrack Home program can help.

FastTrack Home provides in-home care services when you need them most – as you're leaving the hospital or nursing home. Services such as homemaking, home-delivered meals and medical transportation are set up before you return home and remain in place for up to 60 days to help in your recovery and prevent unnecessary hospital or nursing home readmissions. FastTrack Home is a service of the county Elderly Services Program (ESP) and is paid for via the county senior services tax levy*.

**How FastTrack Home works**

- You receive a FastTrack Home eligibility assessment while you are in the hospital or nursing home.
- This assessment determines what kind of care you will need, how often and for how long.
- A care manager works with you and your family to set up services before you leave the hospital or nursing home.
- Your services begin once you are back home.
- Once you are home, a care manager works with you and your family to keep your recovery on track. This includes a home visit(s) and follow up phone calls.
- You keep your care manager informed of any health changes as well as issues or concerns related to your FastTrack Home services and service providers.
- Before your FastTrack Home services end, you may choose to be evaluated for on-going care through the Elderly Services Program (ESP).

## *"She came, and always came, and kept calling."*

Melvin lived alone and needed support to recover at home from spinal surgery. Through FastTrack Home, he received temporary in-home services and support. Thanks to FastTrack Home, help from neighbors and a positive attitude, Melvin was able to recover safely at home and avoid a return trip to the hospital.

Melvin, with FastTrack Home Care Manager Lisa

| ***To Qualify for FastTrack Home, You Must:*** |
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| • Be a resident of Clinton County and age 65 or older, or Hamilton or Warren** County and age 60 or older |
| • Be a patient discharging from a participating hospital or nursing home |
| • Be in need of help with everyday activities such as bathing, driving and preparing meals |
| • Be able to be cared for safely in a home (versus in a nursing home) |
| • Agree to home visits from a care coordinator |

**Pilot program

FastTrack Home is a recipient of The Health Collaborative's *Richard M. Smith MD Leadership in Quality Improvement Award*, recognizing the program's commitment to quality improvement.

*The Elderly Services Program is made possible thanks to the generous support of county taxpayers via a senior services tax levy. Other funding comes from federal and state money, grants, donations and client co-payments. Council on Aging (COA) manages the program under contract with county Commissioners. COA also provides assessment, intake and care management. Organizations contract with COA to provide in-home services such as housekeeping help, personal care, electronic monitoring systems and transportation.

### Preserving Independence, Enhancing Quality of Life

Council on Aging is designated by the state of Ohio to serve older adults and people with disabilities within a multi-county region. We are experts at helping people with complex medical and long-term care needs, offering a variety of services via publicly-funded programs. Our mission: Enhance lives by assisting people to remain independent through a range of quality services.

**For more information about FastTrack Home or the Elderly Services Program:**

**(513) 721-1025**
**(800) 252-0155**
**www.help4seniors.org**

May 2021