



Council on Aging 2402

FastTrack Home Elderly Services Program

FACT SHEET



The award-winning FastTrack Home program provides support and quick access to in-home care services to older adults as they are being discharged from participating hospitals or nursing homes. The program provides temporary support to help older adults recover at home and prevent unnecessary readmissions to hospitals or nursing facilities.

Recover at home with support from FastTrack Home

When you leave a hospital or nursing home, it's important to have the right care and support at home to make sure your recovery is successful. FastTrack Home helps older adults maintain their independence by providing temporary, supportive care at home following a hospitalization or nursing home stay. Services may include homemaking, home-delivered meals and medical transportation.

Other benefits include:

- Coaching to help manage medications and follow up care, and to help identify "red flags" that may indicate a serious change your condition
- Connection to community resources that can aide in recovery
- A personal health record to help you keep track of important information

FastTrack Home is proven to increase independence and reduce readmissions.

Who is eligible to participate?

To qualify for FastTrack Home you must:

- be a resident of Clinton County age 65 or older, or Hamilton County age 60 or older
- be a patient discharging from a participating hospital or nursing home
- need help with everyday activities such as bathing, driving and preparing meals
- be able to live safely in a home – not institutional setting
- agree to home visits and phone calls from a care manager
- keep your care manager informed of any health changes (including hospitalizations or emergency department visits), as well as issues or concerns related to your FastTrack Home services and service providers

Enrollment and eligibility is based on medical need, not income.

Council on Aging of Southwestern Ohio
Independence. Resources. Quality of Life.
513-721-1025 or 800-252-0155
www.help4seniors.org

FastTrack Home

FACT SHEET (Cont.)

"FastTrack Home has made my life really blessed, because I've been able to leave the hospital and come home with supports. It's just much easier to recuperate at home, where you're around familiar people and things and it's given me incentive to get back my life," said Teree.



Terre with *FastTrack Home* Hospital Care Manager, Karen

How FastTrack Home works

Patients are referred to FastTrack Home by their medical team or identified by Council on Aging staff. FastTrack Home care managers meet with patients before they are discharged home to explain the program and complete an eligibility assessment. To enroll in the program, patients must agree to home visits and phone calls from a FastTrack Home care manager and sign the enrollment paperwork.

For more information:

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

Once the patient is home, a care manager will conduct a home visit to:

- review discharge instructions, medications and follow-up health appointments
- review the FastTrack Home folder, including the Personal Health Record
- discuss community resources that may help with the patient's transition and recovery
- answer questions or concerns related to the patient's condition, recovery or care

While enrolled in the program, patients must keep their care manager informed of any health changes, hospitalizations or emergency room visits, as well as issues or concerns related to their in-home services.

After the home visit, the care manager stays in touch with the patient by phone to monitor and discuss on-going needs.

The care manager determines how long each patient remains on the program. FastTrack Home is designed to provide temporary services to support recovery. Before these services end, the care manager may refer the patient to other Council on Aging programs or community resources. The patient may be required to provide income-related information in order to enroll in other programs. Our goal is to help patients remain independent in their homes.

FastTrack Home is a service of the Elderly Services Program (ESP). ESP services are funded by a special tax levy. ESP does not supplant care provided by families, but rather secures the necessary additional care the family is unable to provide. ESP expects families to take responsibility to care for family members to the fullest extent possible.

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.*



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