

# FACT SHEET

# FastTrack Home

**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 you are in the hospital or skilled nursing facility, 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 ESP program and is paid for via the county senior services tax levy.



*"FastTrack Home, it really did save my life. I've had the arthritis and have limped around and bent over and stuff, but to be so totally decimated physically ... it just blew my mind."*

Suzy

## How FastTrack Home works

- You receive an 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 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 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 ongoing care through ESP.

## FastTrack Home qualifications

To qualify, individuals must:

- Be a resident of Clinton County and age 65 or older, or Hamilton, Warren or Butler County and age 60 or older
- Be a patient discharging from a 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 a home visit from a care manager



*"It's a blessing to get up and down the steps. My worry was falling. Once you're able to take care of yourself, it's great. I hate to depend on somebody else. I think we all do."*

Bill  
FastTrack Home client

## Care Transitions

Care Transitions services are provided as part of FastTrack Home, but are also available separately if a patient already has a certain level of support at home and does not require services such as meals, homemaking or transportation.



Through Care Transitions, individuals are assigned a care manager who works with them on managing medications, ensuring follow-up medical appointments are attended, and educating them on any recovery "red flags" to look for and act on if necessary.

Care Transitions is proven to increase the chances of a successful recovery at home and reduce hospital re-admissions.

*FastTrack Home is a two-time recipient of The Health Collaborative's Inspire Healthcare Award, recognizing regional heroes who are pioneering efforts in improving health and healthcare.*



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*ESP services are funded by a special tax levy. These services do not supplant care provided by families but rather secure 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. ESP does not discriminate on the basis of age, gender, race, color, religion (creed), sexual orientation, gender expression or identity, national or ethnic origin (ancestry), marital status or disability.*

## 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 ESP:

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