

After multiple hospitalizations, finally on the FastTrack Home

It was the latest in a string of hospitalizations for Terre, 67. They began with two strokes followed by colon cancer. This time, it was a blood infection, resulting in the amputation of one of her toes.

“I thought, ‘OK, I can handle the amputation,’” she said. But Terre was not thrilled with the idea of yet another trip to a rehab facility. “At the hospital they were pushing me to go to some kind of intermediate facility, but I said ‘I really don’t want to do that. Surely there has to be something else,’” she said.

Luckily there was another option: FastTrack Home, which offers hospitalized seniors quick access to in-home care services to support a successful transition back home. A Council on Aging care manager visited Terre in the hospital when she was ready for discharge, and, according to Terre, “It was a fast turnaround, about a day or two and everything got lined up.”

Terre wanted to be home for her adult son, Billy, who has disabilities. “He has really good days and he has really off days. On a good day, he’s most helpful, but that’s not always.”

Terre, a former pastor and social worker, has several siblings who live in the area and help her as much as they can, but they have their own commitments, such as working and caring for their grandchildren.

Through FastTrack Home, Terre received vital, non-medical supports for 60 days to help her



Terre at home

remain in her home; things she could not do for herself while she recovered: an emergency response system in case of a fall or an emergency, medical transportation to get to the doctor and assistance with housekeeping. After 60 days, Terre underwent a full eligibility assessment and qualified for Hamilton County’s Elderly Services Program (ESP). Her FastTrack Home services continued under ESP. “The most helpful service to me has been help with laundry,” she said. “My washer and dryer are in the basement, and I can’t do stairs.”

Terre isn’t resting on her laurels. “I’m currently doing physical therapy. It’s not that I’m running marathons, but I really work at it, because I don’t plan to stay in all the time.”

First, she wants to get back to the church where she was once the pastor, and then she might look farther afield. “One of the things I like to do most is travel,” Terre said. “If I had someplace interesting to go, I might just try it.”

For now, Terre is grateful just to be home. “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,” she said.