

### H-Fast

H-Fast is a health and social care service designed to help you get 'home fast' from hospital once well enough. The service is for up to four days whilst your long-term care needs are properly assessed within your own home. This service is available if you currently do not have any formal support in place and will be arranged by an assessor within the hospital.

### What the service aims to achieve:

- 1. Timely Hospital Discharge:** Once you are medically fit for discharge discussions will be held with you and your family and friends should you wish them to be involved about your return home. This will be without you having to wait for a full assessment to be completed.
- 2. Community-Based Assessment:** Once discharged, your ongoing care needs are assessed in your own home. Your own home environment is a better place to understand your own day-to-day challenges and care requirements.
- 3. Multidisciplinary Teams:** A team of health and social care professionals, including nurses, social workers, trusted assessors, physiotherapists and occupational therapists, conducts the assessments and will ensure you get the right support for you to remain safely at home.
- 4. Tailored Care Plans:** Based on the assessments, a personalized care plan is developed to support your recovery and ongoing support needs.

## Bradford Adult Social Care Fact Sheet

### H-FAST (Home Fast)

---

This might include home care services, rehabilitation, or other community-based support.

- 5. Patient-Centred Approach:** By assessing you within your own home environment, the Home Fast service prioritizes your comfort, preferences, aiming for a more accurate and holistic care plan.

### What Are the Benefits:

- **Enhanced Patient Outcomes:** We want to support your recovery in a familiar environment.
- **Empowerment:** We will encourage you to engage with your care planning and allow you to maintain your independence where possible.

### Outcomes:

- You will regain your confidence and independence and not require longer term support.
- You may require some extra support through our enablement service.
- You may require longer term support and this along with your options will be discussed as part of the Home Fast service.