



Falls Prevention

Information for patients and family

www.mkfalls.co.uk





B-Well Health & Social Care Group provides Integrated Falls Prevention Service in Milton Keynes which includes assessment, treatment and advice to older people in a supportive environment. If needed, you will receive equipment to help you and you will be referred to our exercise classes, which help to improve your strength and balance there by your mobility and confidence.

The service

The service is delivered in your own home or residential setting. This enables us to best assess your needs in your regular environment, which can help reduce your risk of falling

How are referrals made to the MK Falls Prevention Service?

We accept referrals from:

- Gp's
- Milton Keynes health and social care professionals
- Yourself or your carer(s)
- Friends and family members

If you are having difficulty with everyday activities or mobility it is possible to refer yourself, or get referred through your carer(s).

A member of the team will discuss your needs with you and if necessary we will book an appointment for you.

Falls Prevention Service Contact Number:



01908 686 751

Appointments

When Milton Keynes Falls Prevention Services receives your referral, you will be contacted by one of our team based on the information which has been provided.

Our team member will gather information about your medical history and how you are managing your everyday activities. We may also complete a range of tests including bloods, urine, blood pressure, balance, etc.

Following this assessment we will identify your aims and will refer you on to a member of our team to improve your health, wellbeing and independence.

Our team consists of the following health care professionals:

- Nurses
- Exercise Instructors
- Physiotherapists
- Volunteers
- Occupational Therapists
- Administration Staff

If you are identified as having higher level health needs, we will refer you on to the Staying Steady Team, Falls Prevention Service based at Bletchley Therapy Unit, provided by CNWL.



**Bedfordshire, Luton
and Milton Keynes**
Clinical Commissioning Group

Please inform us about any other services you normally receive at home (e.g. GP appointments, home care, district nurse, etc.), so we can plan your follow-up appointment accordingly.

If you need to cancel your appointment, please contact us as soon as possible.

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Please have the following items available during your assessment:

- Spectacles and hearing aids if you use them
- Walking aid, if you use one
- A list of your current medication
- Details of your next of kin or person to contact in an emergency

How to Contact the Falls Prevention Service

Office opening hours:

**9.00am - 5.00pm,
Monday to Friday.**

If you need to contact us outside of these hours please leave a message on our answering machine and we will return your call.



01908 686 751



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MK Falls Prevention Service

B-Well Health & Social Care Group

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