



Milton Keynes Community Based Falls Prevention Service provides 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. These are free of charge.

The service

It 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:

- GPs
- Milton Keynes health or social care professional
- Self / Carers
- Friends and family members

If you are having difficulty with everyday activities or mobility it is possible to refer yourself by phoning us.

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

Falls Prevention Service Contact Number:

 **01908 686 751**

Appointments

When Milton Keynes Community Base Falls Prevention Services (Single Point of Access) receives the referral, based on the referral information, you will be contacted by one of our team.

This appointment will involve gathering 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 following health care professionals:

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

If you are identified as having higher level health needs, we will refer you onto the specialist health Falls Prevention Service based in Milton Keynes which is provided by CNWL .

Central and North West London 
NHS Foundation Trust

Please inform us about any other services you normally receive at home, (i.e. GP appointments, home care, and district nurse etc.), so we can plan your 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 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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Falls Prevention

Patient and family information

www.mkfalls.co.uk

