

# Bedford Street Surgery and Furzton Medical Centre Patient Participation Group (PPG)

## PPG Bulletin No.17

### Staying Steady

Anyone can have a fall, but it's more likely if you're older or have mobility problems. Making changes to prevent falls can help you avoid injuries and keep your confidence and independence.

#### What can I do to prevent a fall?

Although falls become more of a concern as we get older, they aren't inevitable. There's a lot you can do to reduce your chance of having a fall, even if you've had one in the past.

If you've noticed you're starting to feel unsteady on your feet and it's stopping you doing the things you used to do – whether it's down to your health, your activity levels or your home environment – it's important to reach out and ask for help. You might be reluctant to do this, but admitting that things have changed could help you stay independent for longer.

If you've had a fall or you've started to feel unsteady, tell your doctor – even if you feel fine otherwise. Your doctor can check your balance and the way you walk to see if improvements can be made. They may be able to refer you for a falls risk assessment or to the falls prevention service.

Staying Steady Milton Keynes offers specialist support to individuals, mainly aged over 65 years, who have fallen or are at risk of falling.

The Staying Steady team work with an individual and their carer to make decisions about the best way to reduce the risk of the person falling, raise awareness of risk factors for falling and make any necessary changes to their home to prevent falls. The team includes physiotherapists, occupational therapists, nurses, therapy assistants, management and administrative staff.

The service accepts referrals from health and social care professionals. The service also accepts self-referrals from people who have fallen, or their family members.

All referrals are received via our Single Point of Access (SPA). Referrals can be made to the single point of access telephone 01908 801108 or email [cnwl.mkchsadultspa@nhs.net](mailto:cnwl.mkchsadultspa@nhs.net). The service is available from 8:30am to 4:30pm, Monday to Friday (excluding bank holidays).

Remember, if you have a fall mention it to your GP or other health professional at your next appointment.