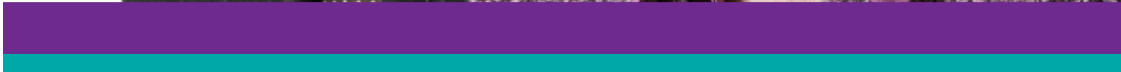




KEEPSAFE
STAYWELL

THE ROYAL BOROUGH OF WINDSOR
AND MAIDENHEAD

WORKING TOGETHER TO PREVENT FALLS & PROMOTE WELLBEING



Keep Safe, Stay Well is a new and unique service which has been introduced in the Royal Borough of Windsor and Maidenhead. The partnership between RBWM council, Windsor, Ascot and Maidenhead CCG and care provider, MiHomecare focusses on supporting people to maintain their health and wellbeing. The service provides early help so that people stay as well and as independent as possible, and has a particular focus on falls prevention and addressing social isolation. The service actively helps people to get what they need to keep safe and stay well.

Who is it for?

Anyone aged 18+ registered with a WAM CCG General Practitioner, who -

- has had a fall
- think they may be at risk of falling
- feel they are struggling to manage independently
- feels isolated
- want to know more about looking after their health and 'aging well'

What it does

- Undertake falls prevention work with people at risk of falling, or who have recently had a fall, as well as raising awareness of falls prevention in care homes, day centres, sheltered housing and voluntary sector groups
- Provide individuals and groups with advice on preventing falls and help to stay mobile and keep safe and well at home
- Help people access specific services, clubs, aids/equipment, projects or resources that may help them
- Build natural community supports (circles of support) around people, particularly those who live alone and/or are isolated
- Advise carers and others supporting people who are at risk of falling.

How you can get help

- By telephone to our helpline Monday to Friday 9am – 1pm - **0333 121 0205**
- By email (**keepsafestaywell@mihomecare.com**) to the Service Manager, 24 hours a day (response within 48 hours)
- In person at a pre-advertised event

Available in the Royal Borough of Windsor and Maidenhead and for patients registered with the member practices and GPs of Windsor, Ascot and Maidenhead Clinical Commissioning Group

