

*The Staying Well Service operates across all of South Staffordshire*



**Midlands Partnership**  
NHS Foundation Trust  
A Keele University Teaching Trust

**Here at Staying Well we aim to provide support for those who are:**

- Aged 55 and over
- Identified by their GP as having mild to moderate frailty
- At risk of falls
- At risk of/ or are currently socially isolated
- Taking multiple medications (Polypharmacy)
- Have been affected by Coronavirus

**How to be referred:**

- Speak to your GP, who can discuss your needs and refer you to our service as appropriate.

As part of our commitment to providing patients with accessible information this leaflet is available in large font, braille, easy read format & alternative languages. If you require any of the above please contact **01827306204**.

Our team consists of **Staying Well Facilitators**, who are **Nurses** or **Occupational Therapists** by profession, alongside an **Occupational Therapy Assistant**.

**Staying Well Facilitators** carry out an **initial assessment** to support you to identify your **current needs**, and **identify certain** areas you may need **additional support** with.

Facilitators can then **refer you** to appropriate **services and organisations**, **signpost you** to local **community support groups** or provide you with **self help material and advice**.

We also have a dedicated **Mental Health Nurse** who can work closely with you around **optimising your mental health** and provide resources and advice around your **wellbeing**.

# Staying Well Service



*Supporting you to maintain your Independence*

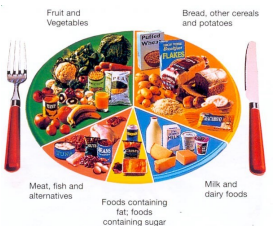
**Live Well  
Stay Well  
Age Well**

The Staying Well Service aims to support and empower individuals to maintain a healthy, balanced lifestyle in the community

### Our Registered nurses -



Complete holistic assessments, take clinical observations, provide treatment and advice around maintaining health conditions in the community.



### Our Occupational Therapists -

Assess activities of daily living and functioning, assess for and provide aids, adaptations and equipment to maximise independence in the



home.

*For further information about why information is collected about you and how it may be used:*

<https://www.mpft.nhs.uk/about-us/information-governance>

We have close links with other services and organisations who can help you take control and ownership of your health and wellbeing

### Social prescribers -

Signposting to community networks and groups, provide links to help maintain social inclusion, provide personalised care plans to wellbeing.



### The Memory Service -

Supports with cognitive impairment and memory issues.

### The Falls team -

Support with the prevention and management of falls.

### Beat the cold -

Ensures you are living in a comfortable environment and provide help with fuelling your home.



We can also look at using **assistive technology** to support you to maintain a **fit and active lifestyle**, alongside linking you in with **family, friends and local community**.



### LIVING WELL

If you have a health condition it is important that it is managed correctly to ensure you are optimising a healthy, independent lifestyle.

### STAYING ACTIVE

An active lifestyle can improve not only your physical, but also your mental health and wellbeing.

### AGEING WELL

By living well and staying active you are doing everything you can to age well. Contributing factors include a healthy balanced diet, getting restful sleep and lowering alcohol intake. Quitting smoking is a significant way to positively impact your health and wellbeing.

### ***Have any questions?***

Call our helpful office team on...

**01827 306204**

Monday-Friday, 9am-4pm