

Monday June 20, 2011
For immediate release

Keep your sights set on your feet

Older residents in the city are being reminded to think about their eye sight, posture and balance to stay safe and active at home.

During National Falls Awareness Week which runs until Friday June 24, NHS Leicester City and NHS Leicestershire County and Rutland is urging older people in the city to take extra care when doing jobs around the house and ensure they have good eye sight, balance and posture to avoid accidents.

Due to the success of previous campaigns National Falls Awareness Week has been extended from one day to a week for the second year running. Research has found that physical activity, like light gardening or walking can improve physical strength and that many elderly residents just dismiss poor eyesight as old age.

The week aims to get people to visit their optician for a check up as well as having the confidence to build and maintain the strength in their body to lift themselves up from a chair, have the correct posture to remain upright and the balance and endurance to go walking and maintain hobbies.

Jim Bosworth, assistant director of primary and community care, speaking on behalf of both trusts, said: "We all aspire to remain active well into old age and by doing a little more exercise such as walking, gardening, fishing, swimming or yoga, we can help keep our joints supple and our muscles strong. Eye sight plays a large part in trips and falls especially when the eye sight is no longer as sharp as it used to be. It is very important not to dismiss poor eyesight as just a sign of old age and to make an appointment to see an optician who can rule out any long term complications such as glaucoma and cataracts.

"Too many accidents occur when older people realise they don't have the strength to do strenuous activity, whether this is in the home or garden or even while out shopping. Keeping active by walking or swimming can prevent these accidents from happening."

For more information on activities that can help build muscle strength and improve mobility please log onto www.ageuk.org.uk or call 0800 169 6565.

-Ends-

For interviews or more information please contact press officer Liz Thomas on 0116 295 4123 or liz.thomas@leicestercity.nhs.uk

Notes to Editors

NHS Leicester City is the operating name for Leicester City Primary Care Trust.

NHS Leicestershire County and Rutland is the operating name for Leicestershire County and Rutland Primary Care Trust (PCT).