

The Ascot Project

Improving the Quality of Life of Older People in Ascot

The Ascot Project is Going Places

August 2005

It is well known that the lack of public transport in the Ascot area causes considerable difficulty for older people.

Fortunately the Ascot Volunteer Bureau provides an excellent service, taking those in need to doctor's surgeries and hospitals but many older people also wish to visit shopping centres such as Staines and Camberley.

The Ascot Project steering committee have spent time considering how they might be able to help and have, with a kind donation from the Ascot Fire Brigade Trust, decided to run a weekly shopping trip.

The very experienced People to Places will provide the minibus and driver but those who wish to use the service will be asked about the shopping

centres that should be visited, the length of stay and an appropriate charge for the journey.

Peter Spooner, Chairman of the Ascot Fire Brigade Trust said, "This is exactly the type of project that the Trust should be supporting. There can be no better use of the Trust's funds than helping older people to achieve a more fulfilling life."

Are you a carer?

Carers may find it useful to call the Princess Royal Trust for Carers for information about caring and support that is available. Telephone number is: 0118 950 5177

Preventing Slips and Trips Among Older People

Slips and trips are a major cause of ill health among older people. One in three over 65s fall each year.

The good news is that many falls can be prevented. If you, or someone you know, has fallen, it is worth asking your GP to check you over.

If the fall is due to

medications, to failing eyesight, to a loss of strength and balance, there is a good chance that action can be taken to prevent it happening again.

Or the fall may be due to hazards in the home ie trailing wires, poor lighting, clutter on stairs, sloppy slippers etc.

If you fall regularly, if you have fallen after a loss of consciousness or if you have injured yourself after a fall, then a full MOT is probably advisable. Again your GP can advise.

Slips and trips are not just part of growing old and many of them can be avoided.

Older People Forums

The Primary Care Trust and RBWM have an agreed priority to establish Older People Forums in localities across the Borough in 2005.

This will be a further opportunity to ensure that the views and interests of older people are fully understood.