

Falls Prevention – Foot care and safe footwear

Look after your feet:

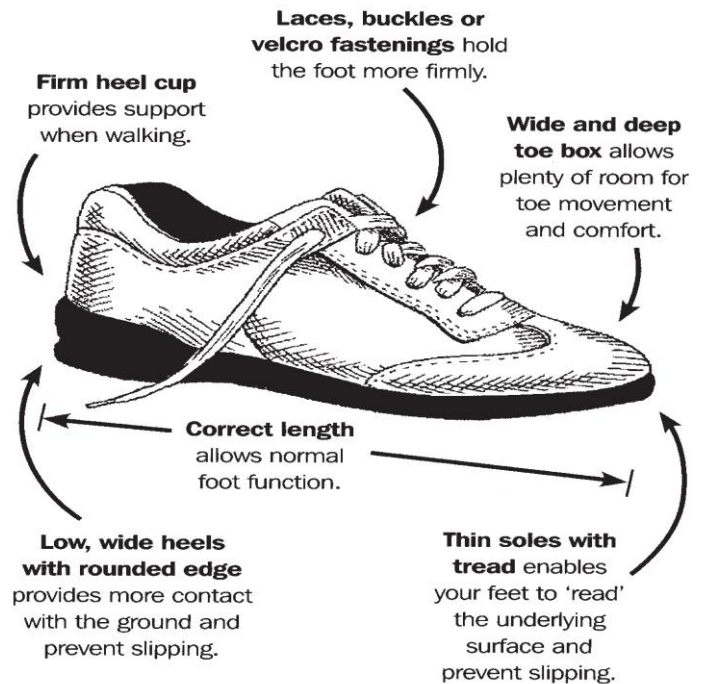
- See your doctor or a podiatrist, if you have foot problems or foot pain.
- Visit your podiatrist regularly, to review your feet, cut your nails and manage any corns.
- If you are diabetic, take special care of your feet.
- Dry your feet well, particularly between the toes.
- Do exercises to help with blood flow to your feet.
- Consult an occupational therapist, physiotherapist or podiatrist for advice about foot care and the best type of shoe for you.



Choose the right shoes Don't go head over heels!

Correctly fitting, supportive shoes can prevent a fall.

Shoes, slippers and dress shoes should have



Shopping tips

- Feet tend to swell during the day, so try shoes on mid-afternoon, with usual socks or stockings and orthotics.
- Have shoes properly fitted. Try both shoes on and buy for fit, not size.
- Walk around in the shop to ensure that the shoes fit properly and the heels don't slip.
- Don't be pressured by sales staff – if the shoes are not right don't buy them.
- A long-handled shoe horn may help.

