

ANYONE CAN FALL

Prevent it from happening to you

Footwear and Foot Care

Taking care of your feet will help you live an active and independent life. When people have healthy feet, it is easier to walk, stand, and enjoy other activities that require balance and coordination.

Taking Care of Your Feet

- Check your feet often. Look for corns, blisters, open sores, redness, dry skin, swelling and ingrown toenails. Use a mirror, if needed.
- To prevent ingrown toenails, trim your toenails straight across. Not too short!
- Wash your feet in warm but not hot water. Dry feet completely, especially between your toes.
- To maintain good circulation, do regular exercises such as toe raises and ankle circles.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

Taking Care of Your Feet (continued)

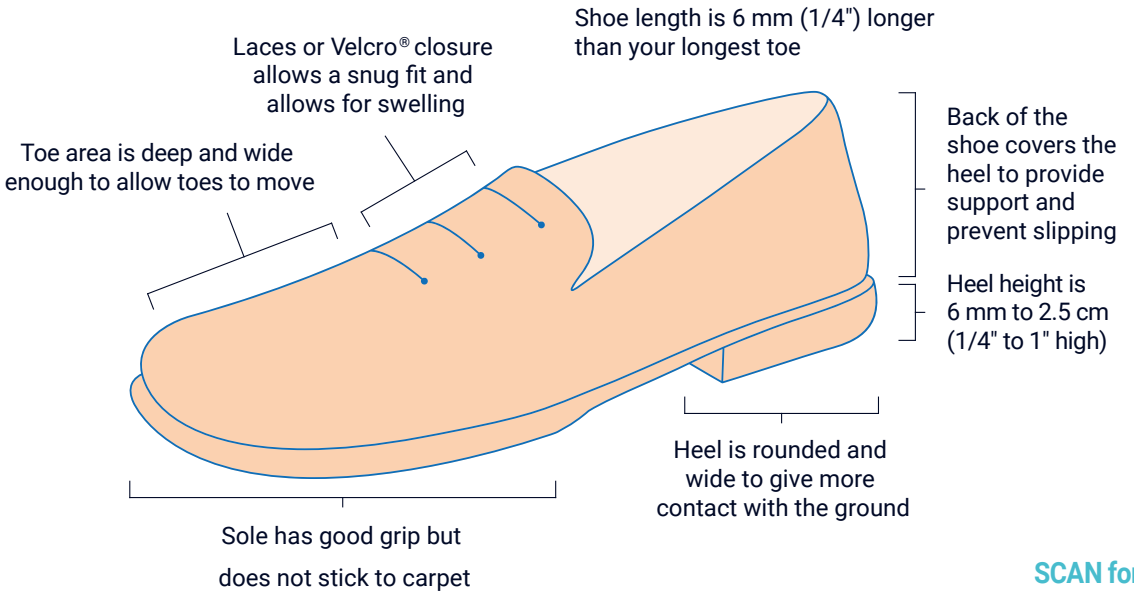
- Talk to your primary care provider or podiatrist if you have:
  - pain or swelling in your feet
  - tingling or pins and needles in your feet
  - any changes to the shape of your feet or toes

Helpful Footwear Tips

Footwear that doesn't fit properly, with poor support or with worn soles can increase your risk for a fall.

- Try to wear supportive footwear with a non-slip tread both inside and outside your home. Avoid walking in bare feet, socks, or floppy slippers with an open heel.
- If your feet swell, choose well-fitting shoes with laces or a Velcro closure. This will allow for more room if needed.
- When buying footwear, consider the following tips:
  - Wear your usual socks or stockings and orthotics.
  - Always try both shoes on. Walk around in them to ensure they are comfortable.
  - The heels should not slip if the shoes fit properly.

The Ideal Shoe



SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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