



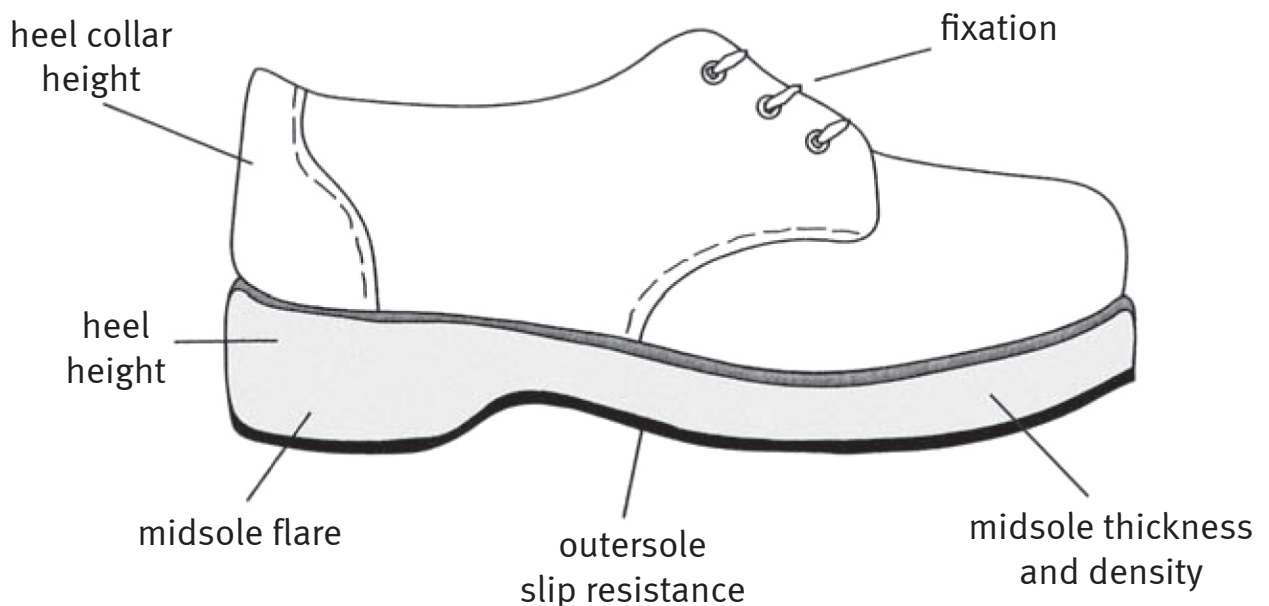
Footwear

Some types of footwear can increase your risk of falls by making you trip, slip or stumble.

Choose and wear shoes that are appropriate for your feet and suit the activities you do.

Consider shoes that will help you to Stay On Your Feet®. Your shoes need to fit well and be in good repair. Features of good shoes include:

- › a broad, slightly rounded heel less than one inch (2.5cm) high – this will make you more stable as it distributes your weight better, and has better contact with the ground
- › a firm, flat, non-slip sole that bends mainly at the ball of the foot
- › shoes with soles that have the right amount of grip – not too slippery but not too resistant
- › a shape that conforms to the shape of your foot and are held on by laces, zips or velcro fastenings.



Avoid loose fitting sling backs, slippers, thongs or scuffs.

Are your shoes going to help you Stay On Your Feet®?

Q I wear shoes with a sharp, square shaped heel edge Yes No

A If you answered 'Yes'

Consider the heel of your shoe. A heel with a rounded or bevelled edge is less likely to slip.

What sort of soles do your shoes have?

- Q I wear shoes that have a very thick (1¼ inches or 3cm) or a very soft cushioned sole Yes No

A If you answered 'Yes'

Shoes that have thick, very soft soles may reduce your ability to 'read' the ground or floor surface when you walk.

- Q I am unsure if my shoes have a flexible sole Yes No

A If you answered 'Yes'

To test the flexibility of your shoe sole, hold one shoe with two hands and bend it to see how well the sole flexes. The sole should be firm but flexible at the ball of the foot.

The firmness helps to grip the ground and the flexibility makes walking comfortable.

Do your shoes fit well?

- Q I wear shoes that are too loose or too tight Yes No

- Q I wear sling backs, slippers, scuffs, or thongs Yes No

A If you answered 'Yes' to either question

Consider the fit of your shoe.

- › Shoes need to fit comfortably and suit the shape of your foot. They also need to have ankle support.
- › Styles that don't fit firmly or have ankle support (such as sling backs, slippers, scuffs or thongs) are a common cause of people being hospitalised for falls.

How worn are your shoes?

- Q I wear shoes that are well worn or in bad repair Yes No

A If you answered 'Yes'

Consider the state of your shoes. If they are worn down, this can increase your risk of falls. It is best to fix them or discard them – it may seem costly but not as costly as recovering from a fall.

Tips to help you select and wear safe footwear

- › Check the style of your shoes and make sure that they are suited to the types of activity you do in terms of their heels, soles and fit.
- › Check the state of your shoes – are they still safe?
- › Avoid wearing socks without shoes.
- › Talk with a health professional, such as a podiatrist or physiotherapist, about any concerns you have about your feet or footwear. Ask them about specialist shoe stores that may have shoes that would be suitable for you.

Who can help?

- › Podiatrist (refer to page 39 for more information)
- › Specialist shoe retailer.

I plan to take action by...

.....

.....

.....

.....

.....

.....

