



## Foot care

If your feet are sore, aching or tired, it makes it difficult to stay active and independent. Foot problems and foot pain are not a natural part of the ageing process. Some foot problems can be the first sign of more serious medical conditions, such as diabetes, circulation or nerve conditions. These problems may require treatment from a podiatrist or other health professionals.

**Take care of your feet each day and have regular podiatry checks.**

### Do you have healthy feet?

Q I have not had my feet checked by a podiatrist in the last 12 months Yes  No

A If you answered 'Yes'

Visit the podiatrist annually to keep your feet in their best shape.

Q I have ingrown toenails or painful feet and ankles Yes  No

A If you answered 'Yes'

Ingrown toenails or painful feet and ankles can change the way you walk and can increase your risk of falling. If you have painful feet or other foot problems, seek help from a podiatrist or health professional.

### Tips to help with foot care

If you have problems with your feet, visit your doctor or podiatrist at the first signs of redness, swelling or infection in the feet, as they can help you to treat and prevent foot problems. Make sure that you look after your feet by undertaking daily foot care.

- › Check feet daily for dry or cracked skin, blisters, sores and changes in colour.
- › Foot exercises, such as walking barefoot in the sand, can help to strengthen your toes and improve the condition of your feet. Ask your podiatrist for additional foot exercises.
- › Use toenail clippers to cut toe nails. Trim them straight across, do not round off the corners and cut them no longer than the tip of the toes. If you cannot cut your own toenails, seek assistance from a podiatrist.

## Who can help?

- › Doctor
- › Podiatrists – Information on the Australasian Podiatry Association can be found on page 39.

For further information about services in your local area, contact:

- › My Aged Care and Carer Gateway (further information available on page 38).

I plan to take action by...

.....

.....

.....

.....

.....

.....

