Foot care and footwear

Older adults want to live active and independent lives. Taking care of your feet and shoes are important to help prevent falls.

If your feet are sore, nail care is poor, or if you have foot problems, the way you walk can change. Feet that are healthy and pain free can help you keep your balance.

Keep your independence

Anyone can fall, but as you grow older, the risk increases. Every year one in three seniors will fall. Falls prevention isn’t just about stopping falls before they happen. It’s about keeping your independence.

To learn more about preventing falls, visit www.easternhealth.ca/falls
Take steps to prevent a fall!

Foot care

- Check your feet often for corns, open sores, redness, dry skin and thickened nails. Ask for help or use a mirror if needed.
- Wash your feet in warm, not hot water.
- Dry your feet completely after washing, especially between your toes.
- Trim your toenails straight across and not too short.
- Address swollen feet by putting them up on a stool when you sit down.
- See a healthcare professional if you have diabetes, or if you sense pain or any changes in your feet.

Footwear

- Wear well-fitting shoes that provide support and allow room if your feet swell.
- Buy shoes late in the day, if your feet swell.
- Avoid walking in bare feet, stocking feet or floppy slippers with an open heel.
- Wear supportive footwear inside your home.

The ideal shoe

Shoe length is 6mm (1/4") longer than your longest toe

Laces or Velcro® closure allows a snug fit and allows for swelling

Toe area is deep and wide enough to allow toes to move

Sole has good grip but does not stick to carpet

Back of the shoe covers the heel to provide support and prevent slipping

Heel height is 6mm to 2.5 cm (1/4” to 1” high)

Heel is rounded and wide to give more contact with the ground

Falls are not a normal part of aging.
Talk to your healthcare provider if you have had a fall.

Original concept developed by the City of Edmonton, Capital Health Edmonton and the Injury Prevention Centre (formerly ACICR).