

# FOOTWEAR & FOOTCARE TIPS FOR SENIORS

Stay Independent.   
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



As you age, taking care of your feet and wearing proper footwear are important to help prevent falls. Feet that are healthy and pain-free can help you keep your balance.

## PROPER FOOT CARE

- » Wash your feet in warm water.
- » Dry your feet completely after washing, especially between your toes.
- » Trim your toenails straight across and not too short.
- » When sitting, put your feet up on a stool to decrease swelling.
- » Check your feet often for corns, open sores, redness, dry skin, and thickened nails. Ask for help or use a mirror to see your feet.

## TAKE ACTION TO MAINTAIN FOOT HEALTH

- ☑ Wear supportive footwear inside and outside your home.
- ☑ Avoid walking in bare feet, stockings, or floppy slippers with an open heel.
- ☑ Wear shoes that allow room for your feet to swell.
- ☑ Buy shoes with laces or Velcro® closures to ensure a proper fit.
- ☑ Wear shoes with a non-slip tread.
- ☑ Add ice grips to your footwear in the winter, and wear winter boots that will grip snow and ice.

**Talk to your healthcare provider or doctor if you feel pain or notice any changes in your feet.**



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### LOCAL CONTACT INFORMATION

Sources available upon request.

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# THE IDEAL SHOE FOR SENIORS' FALLS PREVENTION

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