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Footwear and Footcare Tips For Seniors

1 in 3 seniors in Nova Scotia fall each year. As you get older, it is important to take care of your feet and wear proper footwear. Keeping your feet healthy can help you keep your balance and prevent falls.

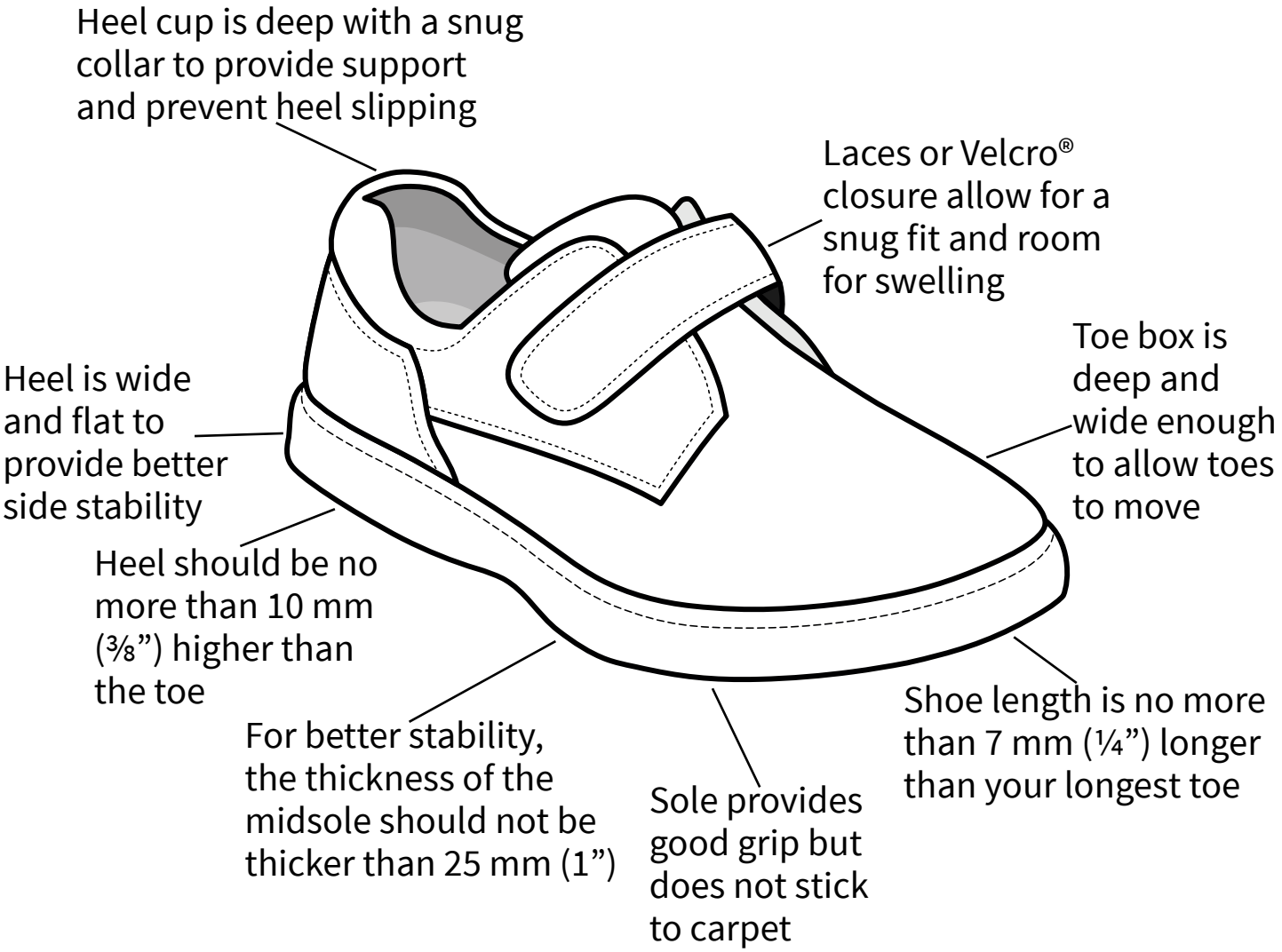
How should I take care of my feet?

- Wash your feet in warm water.
- Dry your feet fully after washing, especially between your toes. This can help to prevent an infection.
- Trim your toenails straight across. **Do not** cut them too short.
  - Consider using a foot care nurse if you have trouble. To find a foot care nurse in your area, visit:
    - https://novascotiafootcarenurses.ca
- Check your feet often for:
  - Corns (thick, hard layers of skin)
  - Open sores
  - Redness
  - Dry skin
  - Thick nails

  Ask for help or use a mirror to see your feet, if needed.
- Talk to your primary health care provider (family doctor or nurse practitioner) if you have pain or see any changes in your feet.

What kind of footwear is best?

- **Do not** walk in bare feet, sock feet, pantyhose, or slippers with an open heel.
- Wear supportive footwear inside and outside.
- Wear shoes that give your feet room to swell.
- Wear shoes with laces or Velcro® closures to make sure they fit well.
- Wear shoes with a non-slip grip and an enclosed heel. This supports your foot and keeps your heel from slipping.
- In the winter, wear boots that will grip snow and ice or add ice grips to your footwear.



Stay independent. Prevent falls.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

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