

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?

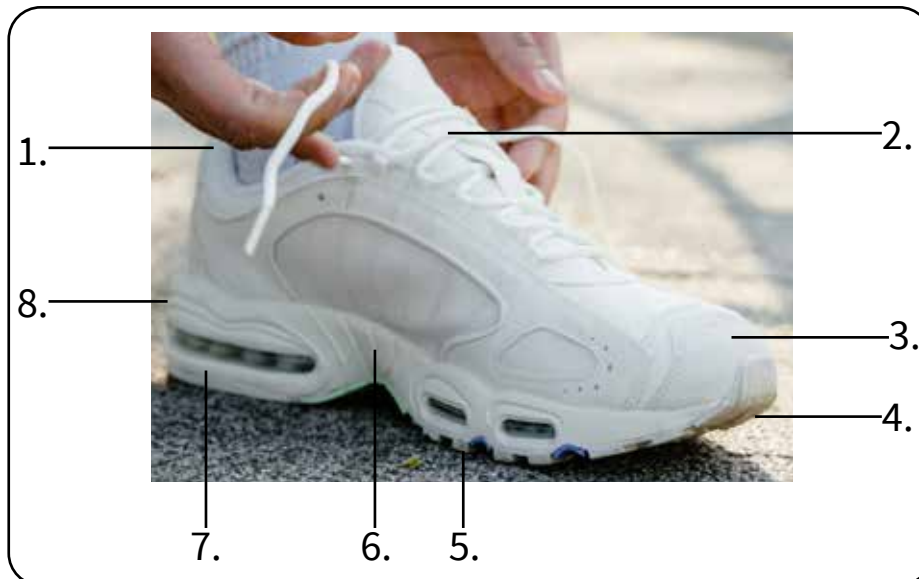
- Wash your feet in warm water.
- Dry your feet fully after washing, especially between your toes. This can help to prevent an infection.
- Trim your toenails straight across. **Do not** cut them too short.
- When sitting, put your feet up on a stool to lower swelling.
- Check your feet often for:
 - › Corns (thick, hard layers of skin)
 - › Dry skin
 - › Open sores
 - › Thick nails
 - › Redness

Ask for help or use a mirror to see your feet, if needed.

What kind of footwear is best?

- **Do not** walk in bare 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.

Talk to your primary health care provider (family doctor or nurse practitioner) if you have pain or see any changes in your feet.



1. Heel is tall and fits snugly
2. Laces or Velcro® closures
3. Toe area is deep and wide enough to let your toes move
4. Shoe is no longer than 7 mm (1/4") longer than your longest toe
5. Sole has a good grip, but does not stick to carpet
6. Midsole is less than 25 mm (1") thick
7. Heel is less than 10 mm (3/8") higher than your toes
8. Heel is wide and flat

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.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

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

Prepared by: Clinical Coordinator for Fall Prevention, FMH, Seniors

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www.pexels.com/photo/a-person-in-black-long-sleeve-shirt-holding-the-shoe-lace-7880120/

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