



# ANYONE CAN FALL

*Prevent it from happening to you*

## 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.

**Finding  
Balance**

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**To learn more about preventing falls, visit**  
***[www. findingbalanceontario.ca](http://www.findingbalanceontario.ca)***

## Take steps to prevent a fall!

### Foot care

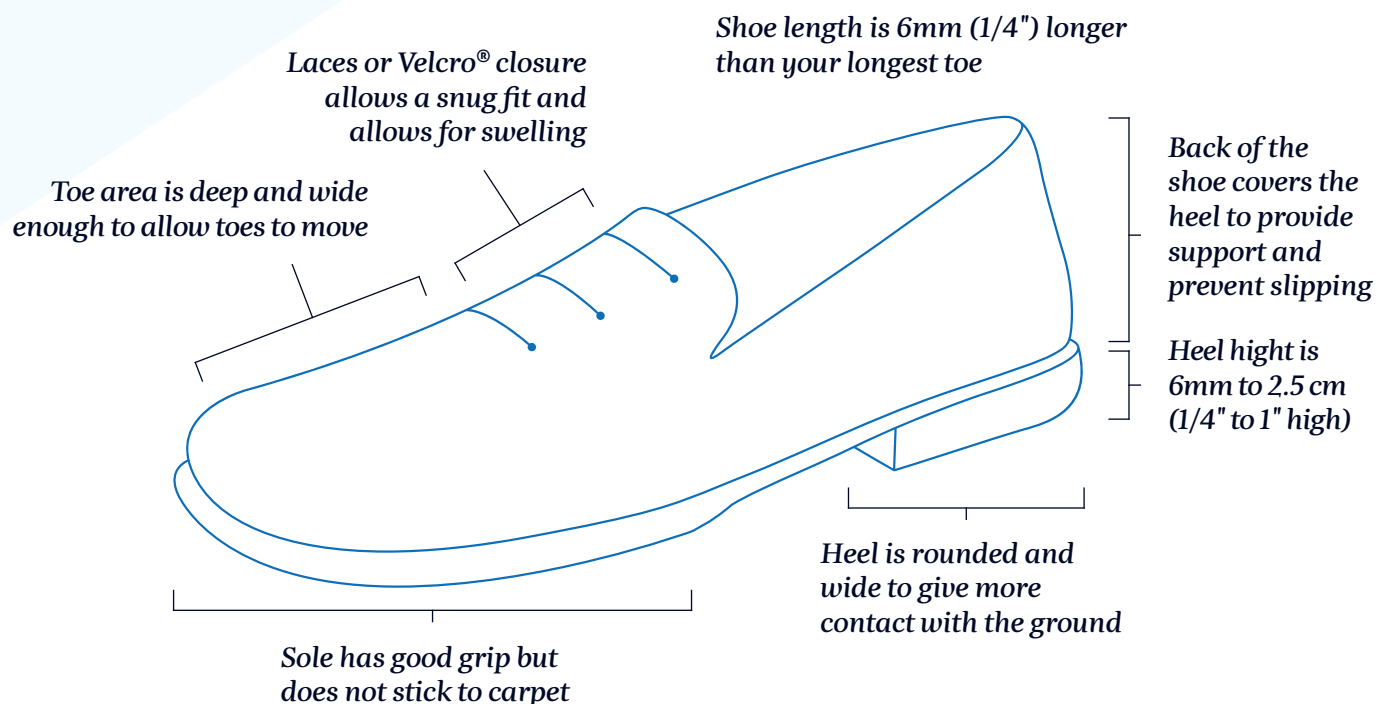
- Check your feet often for corns, open sores, redness, dry skin and thickened nails. Ask for help or use a mirror if needed.
- Wash your feet in warm, not hot water.
- Dry your feet completely after washing, especially between your toes.
- Trim your toenails straight across and not too short.
- Address 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



## 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 Alberta Centre for Injury Control & Research.

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