

Are your shoes safe?



As we age our risk of falls increases. When we do fall, we are:

- more likely to injure ourselves
- less likely to bounce back from our injuries
- likely to lose confidence in our mobility
- likely to reduce our physical activity
- likely to lose our strength and balance

Making us more likely to fall again.

There are many reasons falling occurs with ageing, it may be because of:

- illness
- chronic health conditions like Parkinson's disease, arthritis or stroke
- declining eyesight
- poor bladder control
- medication
- limited physical activity
- poor judgement and reasoning
- ill-fitting shoes
- social isolation
- low temperatures
- alcohol consumption
- home hazards, pets loose rugs and poor lighting

Falls are preventable. One of the many ways in which you can reduce your risk of falling is by changing the types of shoes you wear. Please take a few minutes to complete this checklist. It outlines characteristics of shoes that make them safer.

Do your shoes fit well?

(Shoes that are too tight or too loose can be dangerous)

Yes

No

Do you mostly wear flat shoes?

(High heels can be very dangerous)

Does the sole of your shoe bend at the ball of your foot, not at the arch?

(This is better for walking on uneven surfaces)

Does the sole have a bit of bounce?

(This helps prevent jarring to your foot)

Does the sole have some grip?

Does the heel have a rounded edge?

(Sharp shoe edges can slip easily on wet or shiny surfaces)

If you ticked **No** to any of these questions, you may be at increased risk of falling. Please take this checklist to your Podiatrist, family doctor or practice nurse so that you can discuss ways to reduce the risks.

Therapy Professionals Ltd friendly physiotherapist can help, just contact us on phone 03 3811741 or email: admin@tpl.nz to make a time.

Ref: Adapted from Public Health Division © Health Department of WA 1999
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