



This shoe is a good choice because the Velcro closure allows the shoe to fit even on days with edema or swollen feet.

TIP: If you are diabetic, have bunions, hammertoes, have high tone, neuropathy or heart disease, you will need a shoe with ample width to prevent pressure and open sores.



This shoe is a good choice for those who have hammer toes or painful arthritic feet. The heel strap keeps the shoe in place so the resident does not trip or slip in this shoe. The buckles allow the shoe to adjust for edema or swelling.

TIP: A thin firm sole rather than a thicker sole such as plush slippers, provide better proprioceptive feedback which helps support balance. Thick soles can result in tripping, especially those individuals with shuffling gait or with a foot drag from a stroke.

Sizes vary between brands. Do not rely on what size shoe the resident used to wear. Many people are wearing the incorrect size shoe. Shoes should be as wide as your feet and longer. If the resident is unable to go to the store to be fit, trace **both** feet on a piece of paper while the resident is standing or leaning forward with weight through feet while sitting. When you make contact with the ground, your feet elongate. Take this drawing to the shoe store along with the old pair of shoes.



Inserts, orthotics and socks can affect the fit. Make sure you bring them along when buying shoes. Tell the shoe fitter the type of sock usually worn: nylon, TED hose, cotton or heavy athletic type. This will affect the fit of the shoe.

Let the nurse know you have purchased new shoes for your family member so they can do skin checks as appropriate.

The information contained within this brochure is not intended to replace your seeking medical attention. This educational information is provided to you by Empira in association with your Assisted Living, Independent Living or Skilled Nursing Facility.

GOOD SHOES CAN PREVENT FALLS



THE FACTS:

- 1 in 3 adults 65 and older fall each year.
- Of those who fall, 20% suffer moderate to severe injuries.
- Many falls can be related to improper footwear.

GOOD SHOES WILL:

- ✓ Support your arches,
- ✓ Properly align your feet and ankles,
- ✓ Provide stability,
- ✓ Put your entire body in better balance.

GOOD SHOES	BAD SHOES
	
Offer arch support to enhance balance	No Support No Stability
Fit well to maximize support	Sloppy or loose fit resulting in tripping
Have ample width with adequate toe space	Tight toe space resulting in pressure or open sores
Have proper soles with good tread for safety	Crepe or slippery soles or high heels resulting in slipping
Have a heel strap or have heel enclosed which improves stability	Mules or slippers with open heel which promotes shuffling and tripping
Have elastic laces, or gussets, or Velcro to allow for swelling	Does not allow for swelling or edema resulting in poor fit
Have a good sole for carpet or tile surfaces	Gripper socks “stick” on carpet resulting in falls

Take a look at examples of good shoes



This shoe is a good choice because it has elastic gussets that allow for swelling. It also has a polyurethane sole which prevents sticking for those with a shuffling gait. **Look for this if you have Parkinson’s or have a foot drag from a stroke.**

TIP: Buy shoes that contrast with the bedroom floor like the shoe in this picture. The dark shoe on the light floor makes it easy to find.



This shoe is a good choice because **it is light weight and offers good support for ankle/foot stability.**

TIP: Elastic laces keep shoes fitting well and easy to slip on with a long handle shoe horn. This prevents bending, a fall risk. Ask the OT department for elastic laces or get them at any store that sells shoes.



This shoe is a good choice for those who refuse to wear shoes. It is comfortable yet offers support and protection. **It is washable for continence issues.**

TIP: It is important to protect the feet and have footwear that prevents the resident from slipping during transfers.



This shoe is a good choice because **it is available in extensive sizes and multiple widths for a proper fit.** You can usually find New Balance on “sale”. Look for a light weight cross trainer type shoe.

TIP: The type of sock you wear is important when buying shoes. Let the shoe fitter know if the resident usually wears nylons, TED hose, cotton or heavy weight athletic type of sock for proper shoe fit.