



Be Falls Smart...

In What You Do - Foot Care/Foot Wear

Older adults want to live active and independent lives. Falls are not a natural part of aging. Feet that are healthy and pain free can help a person to maintain good balance. Good balance can prevent falls.

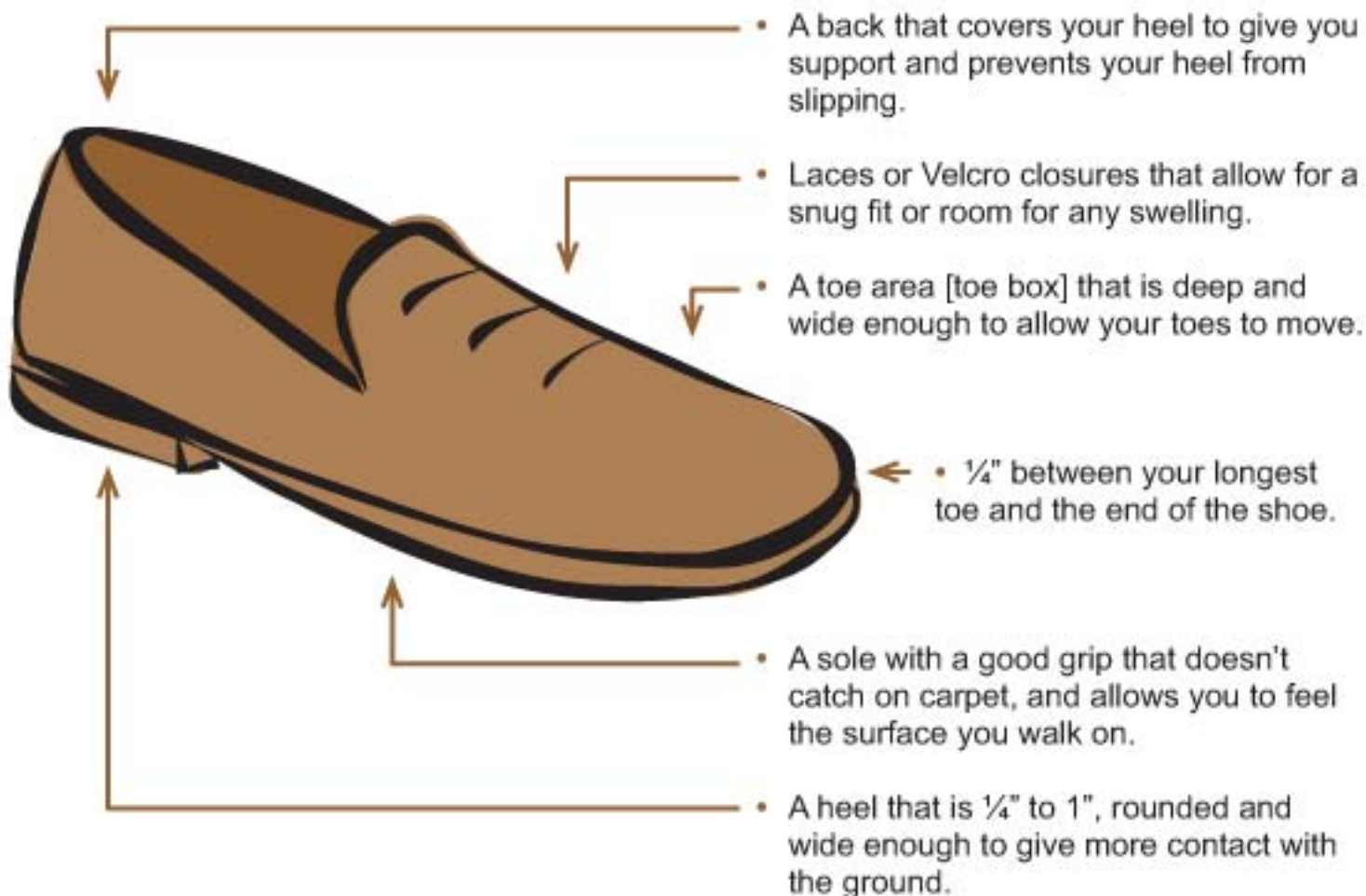
FACT:

- **As we age, people can develop foot problems.**
- **Our feet can warn us of other health problems such as diabetes, arthritis and poor circulation.**

Take care of your feet:

- Check your feet daily. Use a mirror or ask for help.
- Look for cuts, blisters, calluses, and swelling.
- Keep the skin of your feet soft and smooth.
- Keep your toenails trimmed. Don't cut them too short.
- See a health care professional if you have diabetes, pain or any changes to your feet.
- Wear falls smart shoes.

A Falls Smart Shoe has...



If you have had a fall or a near fall, talk with your doctor.

Other helpful tips:

- Buy shoes late in the day, as your feet will be more swollen.
- Have your feet measured for the correct size every time you buy shoes.
- Avoid walking in stocking feet.
- Consider wearing supportive shoes in your home.

**For more information:
Call 310-CCAC (2222) or call
or Visit 211 Ontario**

visit www.findingbalanceontario.ca

**...Prevent the Fall
Before it Happens!**