

## Care for your Feet to Prevent a Fall

***Wear shoes that have a:***

- Firm interior and firm rubber, non-slip sole. Shoes that are too soft may affect balance.
- Low heel height. Avoid heels higher than 1".

***Important tips to remember:***

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- Buy shoes late in the day when your feet may be larger due to swelling.
  - Limit your time walking barefoot to avoid a fall if you step on something.
  - Avoid typical house slippers and backless shoes like flip flops.

***Take good care of your feet:***

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- Keep feet clean and dry, especially between toes.
  - Trim your toenails regularly, straight across and not too short. Ask your doctor if you need help, especially if you have diabetes.
  - Never try to treat foot problems, such as corns, calluses or warts with sharp tools or objects at home- make an appointment with your doctor.