



# 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.

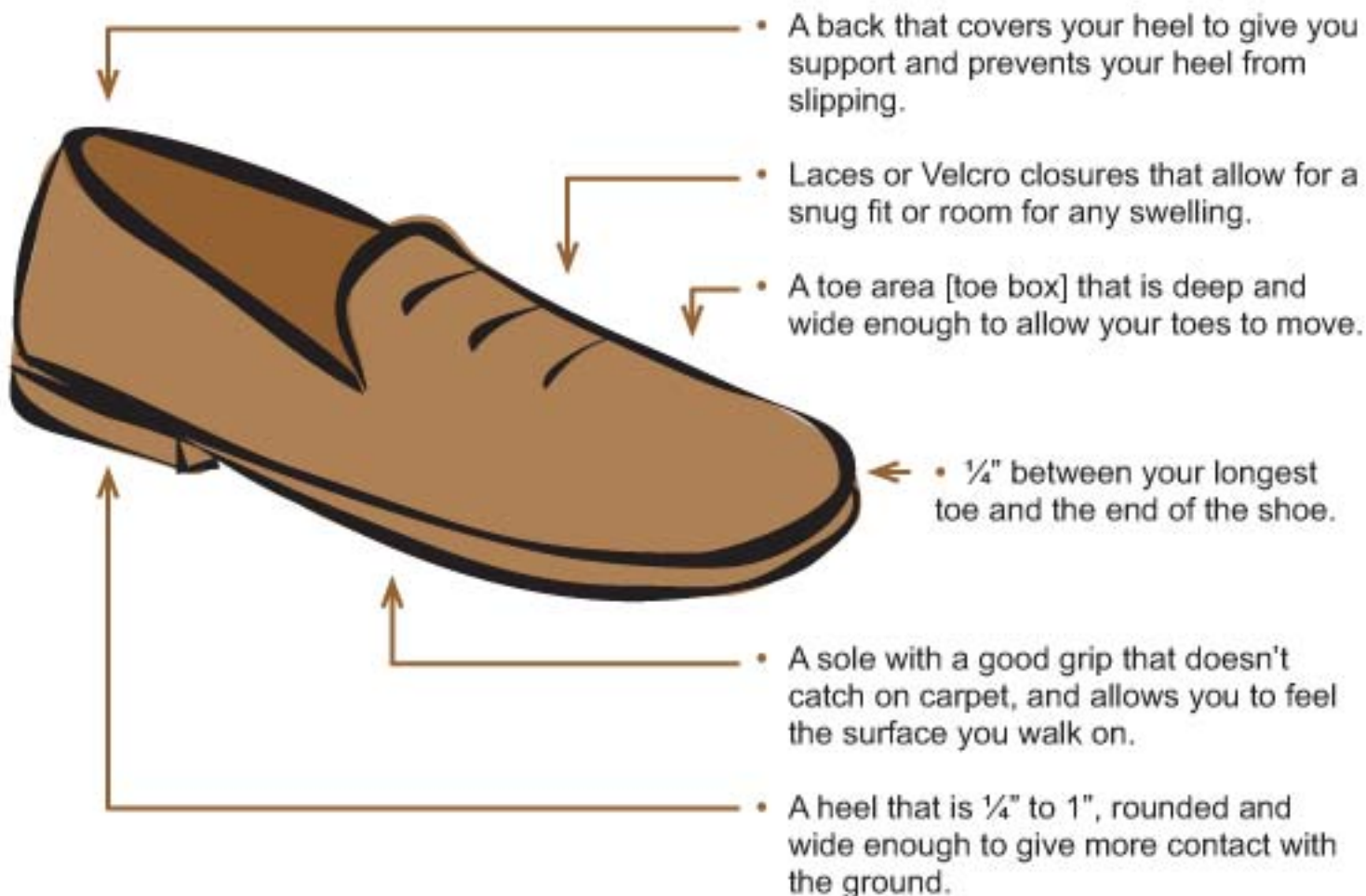
### **FACT:**

- **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](http://www.findingbalanceontario.ca)**

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