

Wearing the correct footwear



Badly fitted shoes

Check that the person's shoes are suitable. Heels should be low and broad for maximum stability. Advise they wear round or square-toed styles to give more space for their toes. Recommend styles with fastenings, such as laces, to give extra support. If in doubt contact Hertfordshire Action on Disability (HAD).

Visit: hadnet.org

Call: 01707 324581

Shuffling when walking

If you notice that a person scuffs their feet when walking, advise that they do some exercises to help strengthen their legs and feet. Speak to a Physiotherapist or Occupational Therapist for exercises that will help.

Walking in socks or tights on hard floors

If you see a frail person walking without shoes, help them find a pair of suitable shoes to put on to avoid slipping.



Worn-out slippers

Slippers with holes, frayed uppers or broken-down backs need to be changed. Recommend that slippers should fasten, stay on and grip the floor. Look out for a slipper swap event at a local library. Check the 'slipper swap' page for information and advice on how to get a new pair for free!

Visit: hertfordshire.gov.uk/slipperswap

Call: 0300 123 4049

Loose and trailing clothes

Check that clothes are not too long and trailing on the floor. Belts and cords may need to be tightened to avoid tripping.



Taking care of feet

See the GP if the person has painful, swollen or 'tingly' feet as this can affect mobility and lead to falls. If in doubt contact the Herts NHS Podiatry Service.

Visit: hct.nhs.uk/our-services/podiatry-service/

Call: 01727 732004