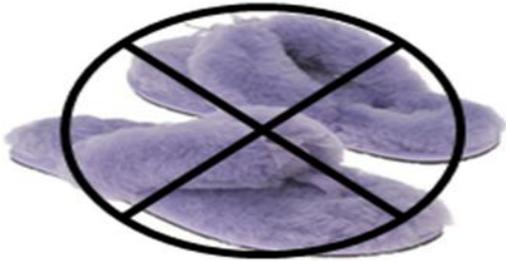


Slippers

Ill fitting slippers can be a major cause of slips trips and falls. Sensible, well fitted and secure slippers are equally as important as well fitted shoes.



Poor Quality Slippers

Poorly fitting slippers, like these shown above, will give no support and do not securely hold the foot in place. They may cause a fall.

A good quality slipper should:

- Have a durable non-slip sole
- Have a secure fastening
- Be well fitting
- Give as much support as possible



Good Slippers

These excellent slippers are widely available and will significantly reduce your risks of falling.

Your Information:

Name: _____

It is important that shoe size is measured to ensure correct fitting of any new shoes. If in doubt as to the correct size consult a reputable shoe fitter

For more information please contact:



Footwear Information Leaflet

For residents, families and staff



Badly fitting shoes can cause a number of significant foot problems, as well as greatly increasing your chance of falling.

Well fitted shoes are a future investment in safety.

The advice in this leaflet is designed to help you when purchasing shoes or slippers.

There are a number of specialist shoe shops in Northern Ireland where staff will be happy to measure your feet and advise on suitable shoes. If you want information on the shoe shops in your area your podiatrist will be happy to advise.

Well fitting slippers are equally as important as shoes and this leaflet also gives advice on what types of slippers should be avoided.



Recommended footwear

Types of shoes

A well-fitting shoe, boot or trainer with laces or a strap fastening will give your feet the best support. These fastenings will help to keep your foot firmly in place inside your footwear, which will help prevent rubbing. Avoid slippers and shoes that slip-on as they give less support.

Low heels

Your heel should not be more than 3 Centimetres (1¼ inches). The heel should be wide and not tapered, so as to give maximum stability.

Natural materials

Where possible the uppers (top) of your shoes should be made from a natural material such as soft leather. Leather will fit to your foot without causing any rubbing and will help to prevent your feet from sweating.

Well fitted

The shoe should be wide enough, long enough and deep enough to accommodate your foot and fasten securely. The shoe should not be gaping at the heel or slipping. The facings should not be meeting when the shoe is tied.

The shoe should not be excessively long as this may cause trips and falls.

Shoes should fit comfortably



Avoid poor-fitting shoes

