

Footwear and Falling

Tips for Your choice of footwear can decrease your risk of falling!

**Choosing
Proper
Footwear**

- Wear shoes with a firm sole and interior.
- Wear “walking shoes” that have good gripping soles to help prevent slips.
- Buy shoes late in the day when your feet may be larger due to swelling.
- Choose “high-collar” shoes if possible.
- Limit your time walking barefoot.
- Avoid shoes with soft soles. Shoes with soft soles and interiors, such as athletic shoes, may provide too much “sway” and may not promote good balance.
- Avoid typical house slippers, especially the “flip-flop” variety or those without heel support.
- Avoid high heels (over 1 inch).
- Wear shoes that fit snug but not too tight.
- Avoid shoes that are too heavy.
- If you have trouble tying your shoelaces consider Velcro.

(Adapted with permission from the Practicing Physician Education Project 2006) updated by the Centre for Studies in Aging & Health, March 2014.