

## Suitable Footwear for Care Homes

This guidance will support you to raise awareness with your residents and their visitors of things to consider when choosing footwear. This can improve stability, mobility and balance.

Where possible, residents should be encouraged to choose shoes rather than slippers.

### Examples of Good Footwear

- ✓ **Secure fastening** (laces, Velcro) to accommodate swelling and holds shoe onto the foot when walking.
- ✓ **Sufficient width, depth & length** – to reduce pressure/friction.
- ✓ **No seams** inside that may rub against your foot and cause harm.
- ✓ **Low broad heel base** to help maintain good ground contact.
- ✓ **Natural materials** to absorb sweat/odour
- ✓ **Support at heel** area to provide stability.
- ✓ **Textured flexible non-slip sole** to help prevent slipping.



Photos courtesy of **Cosyfeet**

### Examples of Poor Footwear

- ✗ **No secure fastening**: shoe could fall off your foot.
- ✗ **Backless type footwear/Sandals**: Little or no support. Not secure and your foot is not stabilised.
- ✗ **Smooth soles**: increases your slip risk.
- ✗ **Soft stretched** fabric: your foot slides around within the shoe and is not secure.
- ✗ **Heels**: posture puts strain on your joints, makes your foot & ankle unstable and increases instability when walking.

