



Falls are preventable. One of the ways in which you can reduce your risk of falling is by changing the types of shoes you wear. Please take a few minutes to complete this checklist. It outlines characteristics of shoes that make them safer.

	Yes	No
<p>Do your shoes fit well? (shoes that are too tight or too loose can be dangerous)</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Do you mostly wear flat shoes? (high heels can be <u>very</u> dangerous)</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Does the sole of your shoe bend at the ball of your foot, not the arch? (this is better for walking on uneven surfaces)</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Does the sole have a bit of bounce? (this helps prevent jarring to your foot)</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Does the sole have some grip?</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>Does the heel have a rounded edge? (sharp shoe edges can slip easily on wet or shiny surfaces)</p>	<input type="checkbox"/>	<input type="checkbox"/>

If you ticked 'No' to any of these questions, you may be at increased risk of falling. Please take this checklist to your Podiatrist or GP so that you can discuss ways to reduce the risks.



Your local contact:

**For more information contact Stay On Your Feet WA[®]
Falls Resource Information Centre on (08) 9420 7212**