



Caregivers Falls Prevention

Safe Footwear

As a caregiver, there's little time when you aren't on your feet. You are always thinking about safety of the ones you care for, but it is also important to keep yourself safe, so you can keep caring for those that need it. Having good support on your feet for those busy days is important.

It can be tempting to slide on your favorite pair of worn-out house slippers or walk barefoot. However, these footwear options offer little support and can cause your feet to slide around or catch on something and trip.

Features of an Unsafe Shoe

Lack of upper support makes your foot slide around in the shoe



Flat and thin soles can be slippery, particularly in wet weather

Lack of laces means your foot can slide out of your shoe

Flip flops, sandals, and slippers without arch support should be avoided as they make you less stable and can cause a trip or slip when walking.



Flat and thin soles can be slippery and a shoe that lacks laces or something to hold your foot in place can cause your foot to slide out of your shoe. Flip flops, sandals, and slippers without arch support should be avoided because they are less stable and can cause a trip or fall when walking. High heels should also be avoided as they impair stability when walking. Good, safe shoes provide grip and protect from changes in flooring surface, which can prevent falls.



When looking for a sturdy shoe, there are a few qualities you want to keep in mind. A good heel that is broad and flared allows for contact with the ground to be maximized, and a bevelled heel can prevent slips. A shoe with a firm heel collar provides stability. A midsole that is thin and firm is important because this will allow for you to 'feel' the ground underneath. Textured soles on the bottom of the shoe can also help prevent any slipping, like the tread of a tire. Shoes with laces will ensure the shoe holds onto your foot when walking.

Features of a Safe Shoe



Being a caregiver is a busy job that requires you to be on your feet often. It is important that you have the proper footwear to help you prevent falls and provide care. Learn more about proper footwear and the features of a safe shoe at <https://fallsfreewi.org/footwear/>.