

## Proper Shoes can Prevent Falls and Preserve Independence

Inside and outdoors, the footwear that is least likely to cause falls is:

- Comfortable
- Firm-fitting
- Low and broad in the heel
- Not smooth on the bottom.

The footwear that is most likely to cause falls includes:

- Slippers
- Open or loose heels, as in flip-flops and “crops”
- Walking barefoot or wearing only socks.

Your doctor or your podiatrist (foot doctor) can help:

- If you have painful or swollen feet
- If you feel tingling or “pins and needles” in your feet
- If you have changes in the shape of your feet, for example, bunions
- If you aren’t sure where to buy shoes that can prevent falls and preserve your independence.