

Suitable footwear may be sourced from shoe retailers, follow this guide for what to look for.

You can also shop at specialised footwear suppliers:

Medix 21  
www.medix21.co.nz  
tel 04 233 1627

Globalfootcare  
globalfootcare.co.nz

Orthopro.co.nz  
www.orthopro.co.nz  
tel 04 238 4500



Our namesake  
The Venerable Mary Potter

For further information, or to make a donation,  
please see our website:

[www.marypotter.org.nz](http://www.marypotter.org.nz)

**Wellington:**

48–52 Mein Street, Newtown  
PO Box 7442, Wellington 6242  
P 04 801 0006 | F 04 389 5035  
E [mph@marypotter.org.nz](mailto:mph@marypotter.org.nz)

**North Wellington/Porirua:**

1a Prosser Street, PO Box 50089, Porirua 5240  
P 04 237 7563 | F 04 237 0864  
E [porirua@marypotter.org.nz](mailto:porirua@marypotter.org.nz)

**Kāpiti Coast:**

36 Warrimoo Street,  
PO Box 460, Paraparaumu 5254  
P 04 296 1283 | F 04 298 3970  
E [kapiti@marypotter.org.nz](mailto:kapiti@marypotter.org.nz)



**Feet, footwear  
and falls**

The importance of well-fitting suitable footwear is very important in the management of falls.

Well-fitting footwear will also lead to greater comfort, prevention and management of certain foot ailments.

## Footwear and falls

- Good footwear has a large part to play in the prevention of falls.
- It is important to have supportive shoes and slippers.
- Painful feet or altered sensation affects balance and stability which may also contribute to falls.

## What to look for in a good shoe

- Laces, straps or buckles are preferable for stability.
- Heel height should be under 2.5cm for stability.
- Good non-slip sole.
- Shoes should offer firm support under the arch.
- **AVOID jandals and shoes without backs. Shoes must have a back on them to support the heel.**

## What to look for in a good slipper

- Although slippers have a purpose, they should not be worn as a standard shoe.
- Buy slippers with velcro adjustable straps as these are more stable and allow for swelling of feet (see picture below).
- Slippers must be fitting not sloppy.
- Good non-slip sole.
- **AVOID scuffs. Slippers must have a back in them to support the heel.**



## Advice / aids for putting on shoes

- Sit down to put on and take off shoes.
- Use elastic shoe laces.
- Use a long handle shoe horn.



## Further advice or assistance

- Aim to buy shoes in the afternoon as feet swell during the day.
- Always try both shoes on and walk around in the shop.
- Wear socks to reduce the risk of pressure areas as socks absorb perspiration.
- Your podiatrist / occupational therapist / physiotherapist can help you further and give advice on footwear and aids to assist you.