



# Top Tips to avoid a fall

- **Keep active, take regular exercise, use any walking aids provided and avoid rushing**
- **Ask the Pharmacist or Doctor to check the tablets and medicine you take, especially if you are taking more than four medications**
- **Keep your home safe and well-lit (remove things you might fall over)**
- **Wear well-fitting shoes or slippers**
- **Have your eyes checked regularly (this is a free service from your local optician if you are over 60)**
- **Drink plenty of fluids, preferably water**

## What to look for when choosing shoes

- **Shoes which fit well and have room for toes to move**
- **No hard seams which may cause discomfort or rubbing**
- **Adjustable fastening to make sure shoes are comfortable to walk in**
- **Good grip on the soles to avoid slips**
- **A leather upper which is flexible and breathable**



Recommended suppliers include: Padders, DB, Hotters and Klaveness (note: other shoe suppliers are available)

Use this link to find the number for your local podiatry clinic if you want to contact them.

<http://www.glos-care.nhs.uk/our-services/specialist-care/podiatry>