

## STURDY WELL-FITTING SHOES

- Wear sturdy, well-fitting, low-heeled shoes with non-slip soles.
  - These are safer than high heels, thick-soled athletic shoes, slippers or socks.
- Consider shoes with laces or Velcro closures to allow for swelling feet throughout the day,
- Wear the appropriate footwear for the activity you are doing.
  - Running shoes are great for walking outside or your exercise class but not great on carpet as they can catch and make you fall.
  - Grippy socks are good on laminate, tiles or linoleum but not great on carpet and even worse for someone that has a chronic health condition such as Parkinson's Disease.
  - Boots with rubber soles for good traction or ice/snow cleats on your boots are good to wear outside in the winter.
    - Remember to remove ice/snow grips before going indoors!
  - Avoid slip-on shoes or slippers.
    - Whatever you can slip on easily can also slip off unexpectedly.
- Consider keeping a shoehorn handy to help you put on your shoes.



# STURDY WELL-FITTING SHOES... OR NOT?

(circle the best answers)



YES / NO



YES / NO



YES / NO



YES / NO



YES / NO



YES / NO



YES / NO



YES / NO



YES / NO