



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Safe footwear

As you get older you might find that you have reduced sensation in your feet, or that your joints aren't as strong as they used to be. This makes it easier for you to lose your balance. Good, supportive shoes help you to stay steady on your feet.

It is important to wear supportive footwear both in and out of the house. Walking barefoot is not recommended. Slippers can contribute to a fall as they do not support the foot in a good position to mobilise safely.

## Solutions

- Choose footwear that **supports** your entire foot and ankle.
- **Wear closed shoes** indoors and outside of the house.
- The **sole** of your shoe should be **less than 1.25cm** thick to allow you to feel sensation through your feet.
- Avoid wearing heavy shoes. **Light footwear** makes it easier to walk.
- Make sure your soles have **adequate non-slip tread**.
- Choose shoes that are **easy to put on** e.g. loops or Velcro straps.

## People who can help

### Podiatrist:

Advise on and find solutions for foot problems.  
Recommend customised footwear.

### Family & volunteers:

Help check and purchase safe footwear.

For a free fall risk assessment and tips on preventing falls:

[www.stopfallsathome.com.au](http://www.stopfallsathome.com.au)