

## **Footwear Guidelines for Residents of Long Term Care**

The shoe should be lightweight and should have a low heel (less than 2.5 cm). No heel is the best option.

Ensure the shoe is made of accommodating material so it can be washed, if need be.

Feel the inside of the shoe and ensure it is smooth and seam free.

The sole should be broad, with good ground contact.

The sole should be firm to provide support for the foot. The back of the shoe that surrounds the heel (heel cup) should be firm to support the ankle and padded for comfort.

There should be a cushioned, flexible, non-slip sole. Rubber soles provide the better stability and shock absorption compared to leather, but rubber soles have tendencies to stick to some surfaces.

Ensure adequate width, depth and height in the toe box to allow for the natural spread of the toes.

There should be approximately one cm of space between the longest toe and the end of the shoe when standing.

Ensure the laces, or elastic closures hold the shoe on securely. Velcro is the best closure. Avoid slip-on shoes if planning to do some walking.

The shoe should protect the feet from injury, not cause injury, e.g. blisters, pressure, and friction.

Ensure the shoe is appropriate for the activity. Slippers generally provide poor support and may only be appropriate when sitting. Rubber shoes or sneakers with Velcro or lace-up closures are recommended for walking activity. Check with a member of the health care team if you are unsure of what an appropriate shoe would be for yourself/family member.