

# diabetes foot care Looking after your feet

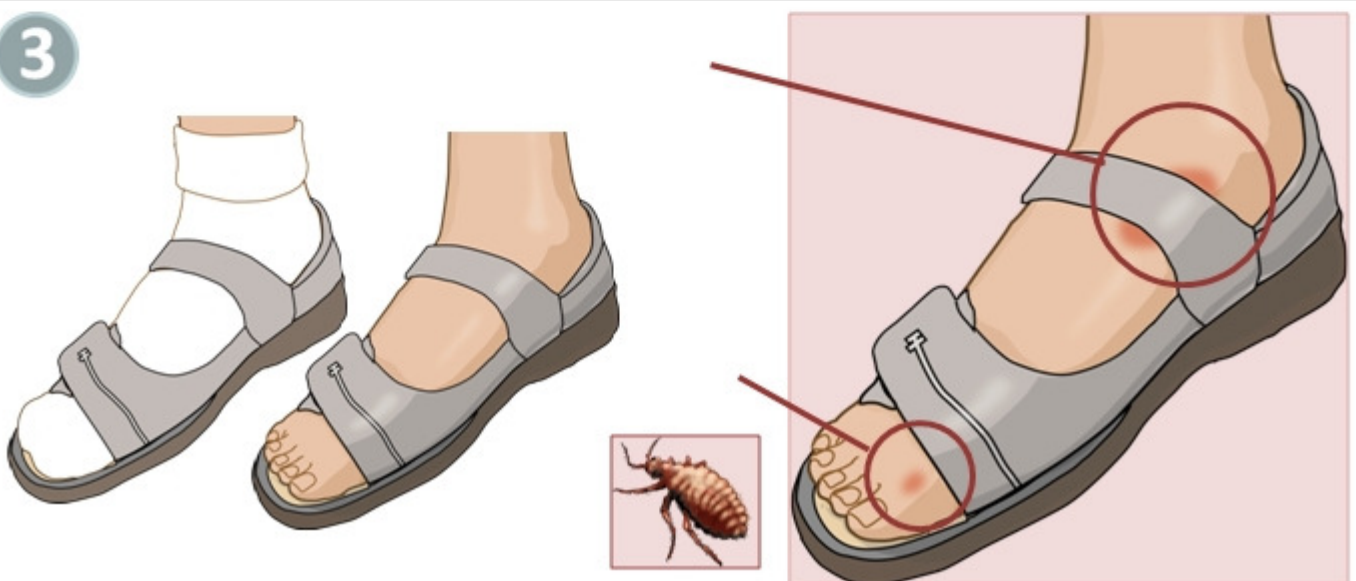
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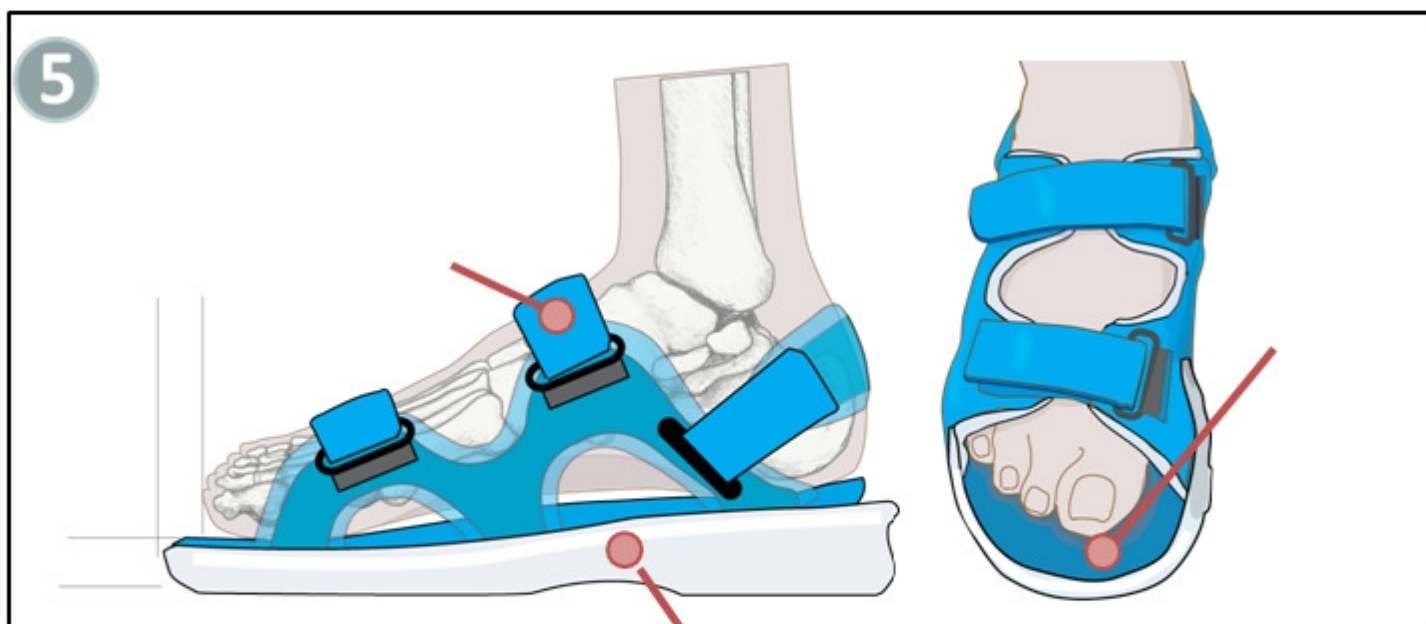
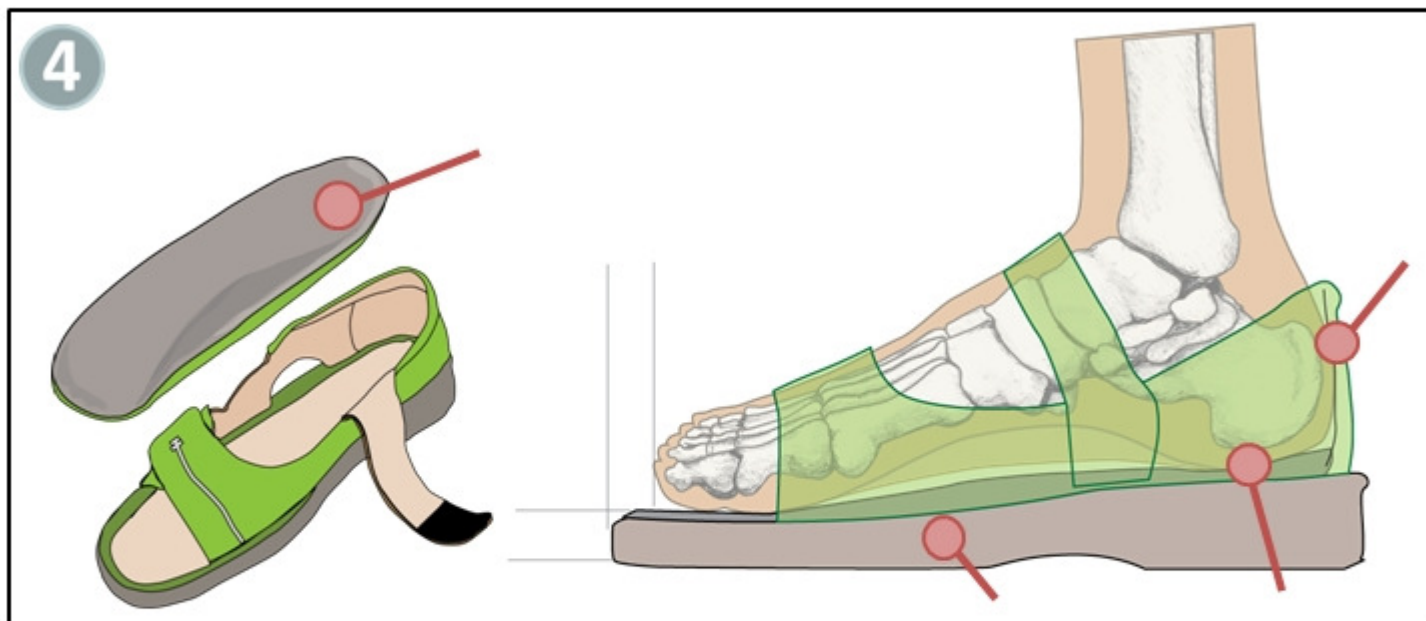
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## diabetes foot care Looking after your feet



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Joggers



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To describe how to prevent foot damage. The story is relevant for people with different kinds of diabetes.

### Key health competencies:

After using the resource a client should be able to show or tell you about:

- How socks protect their feet from insect bites and sores.
- Socks must be cotton or wool or a mixture of both.
- Socks must be loose at the top but not loose.
- Women's shoes should have:
  - a smooth inside
  - a firm heel
  - a wide low
  - a rubber sole
  - Velcro fastening
- Some people will need an insert
- When wearing sandals the toes must be well back.
- Enclosed shoes need space for the toes.

After using the resource a client should have discussed:

- Their options when choosing sandals
- Why some shoes are unsuitable.
- The issues when buying new shoes when their shoes become too old'

### Target group:

This resource is designed to be used with an individual client or with a group.

It can be used by Australians of all ages who need to know about foot care when they have diabetes.

### Related resources

- Footwear– Posters
- Footwear– Yarn cards
- Footwear– Picture yarn
- Footwear– Test cards
- Foot care– Body parts

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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