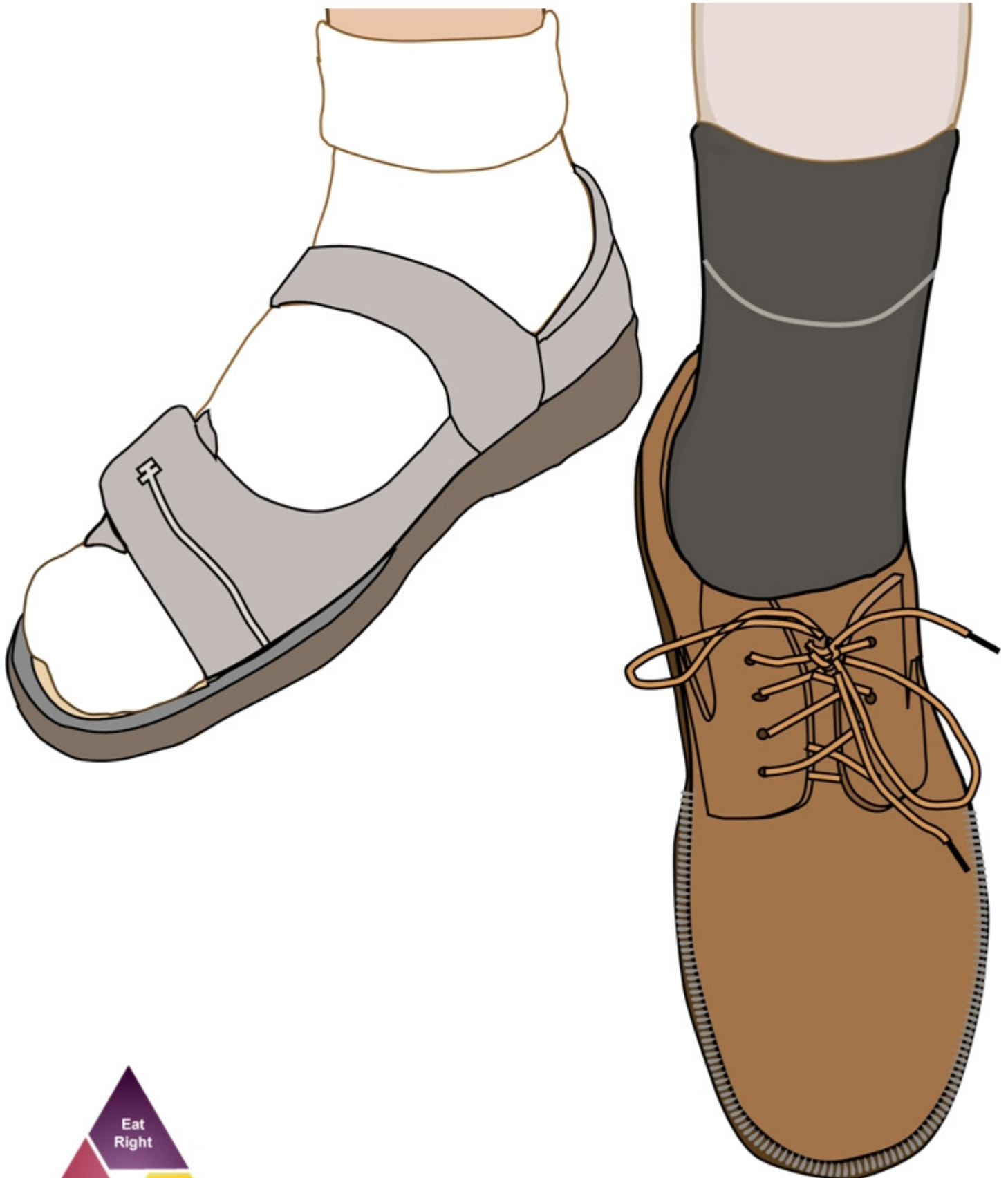


Footwear is very important

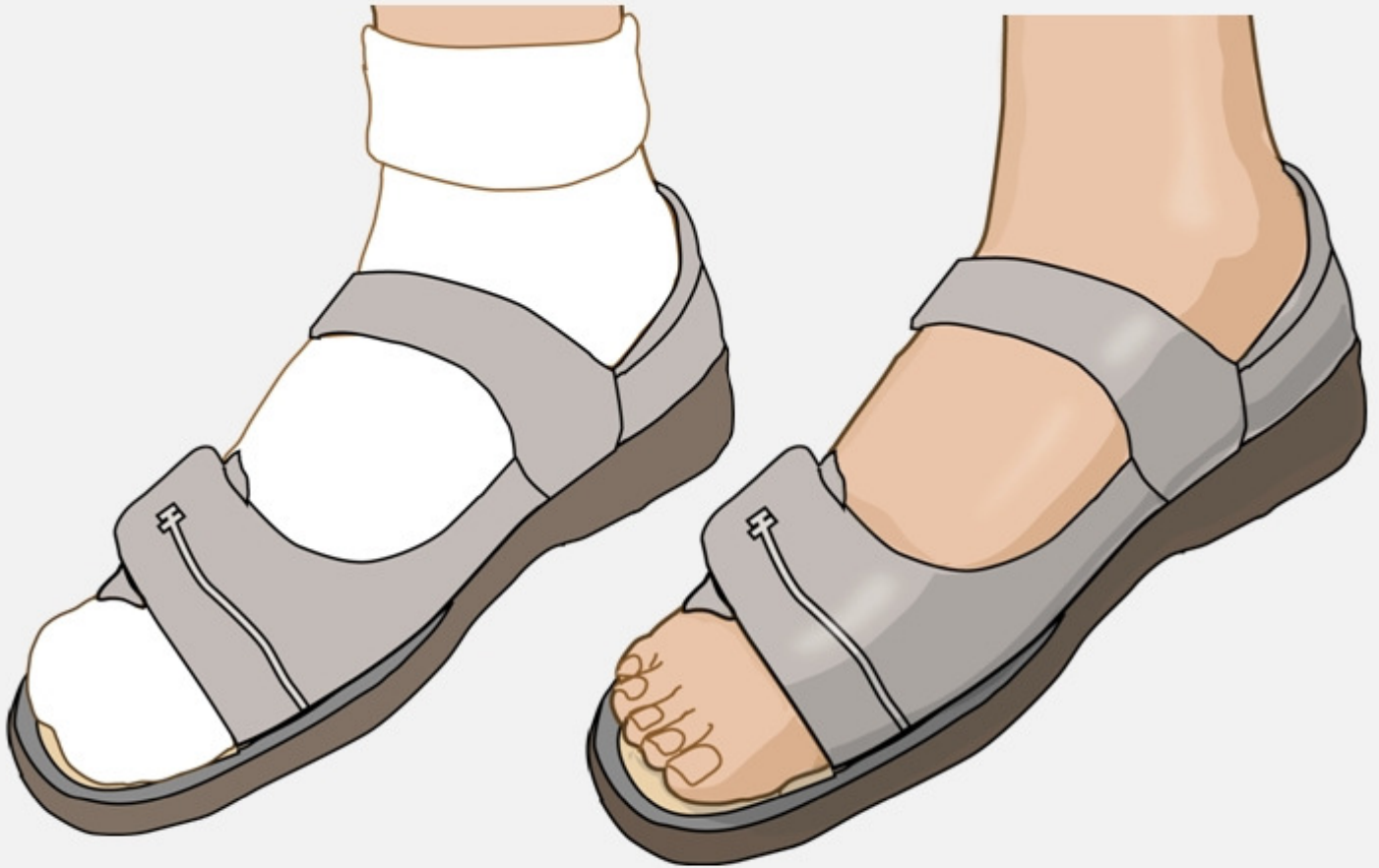
If your shoes do not fit properly or are the wrong type, they can cause big problems.



Shoes & socks



Socks protect your feet



1 Sore

2 Insect bite



Which socks?

- 1 Socks made of cotton, wool, or a mixture of cotton and wool



Women's sandals

Firm
heel

Smooth inside

Wide low
heel

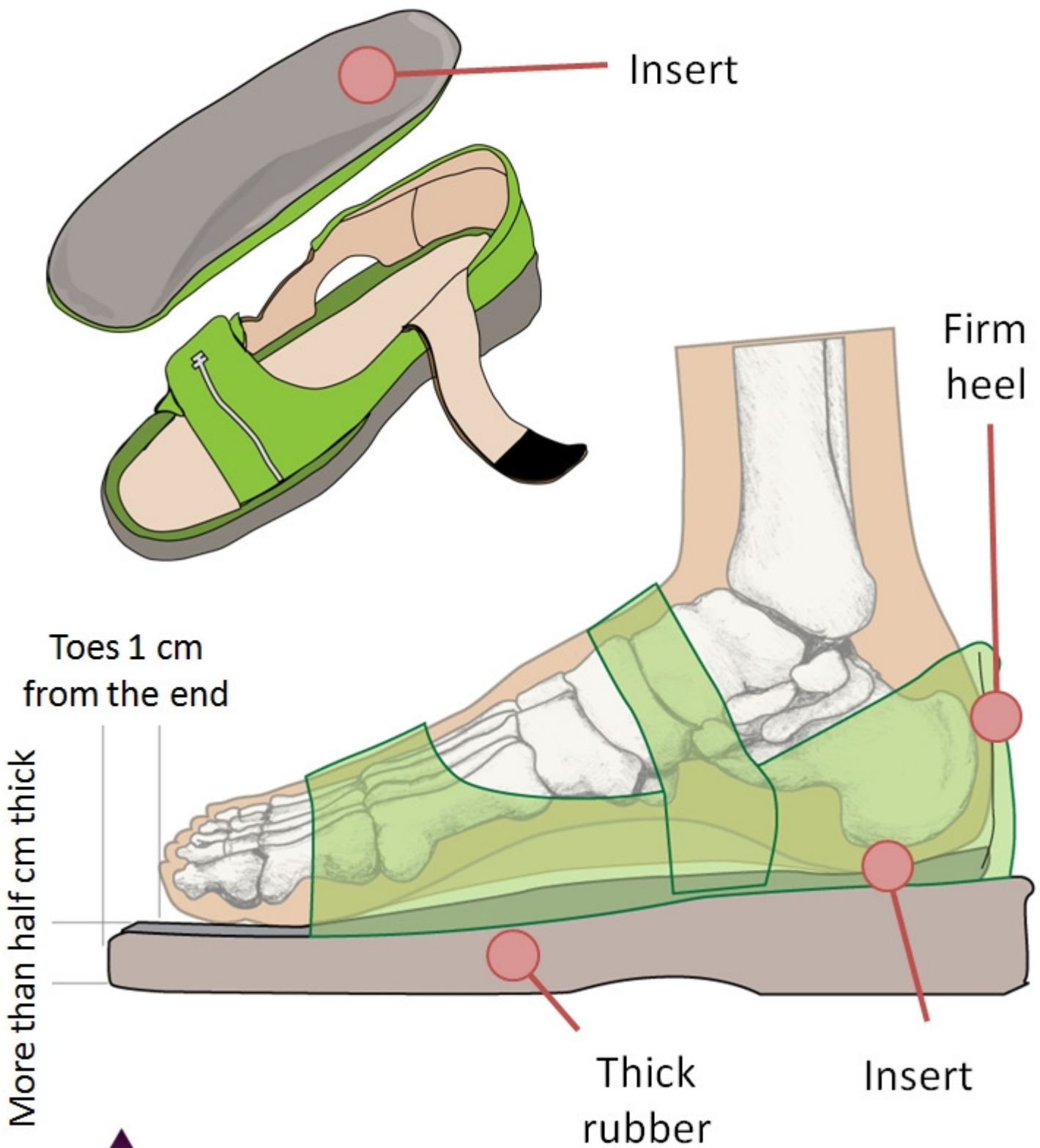
Velcro

Rubber sole

Insert



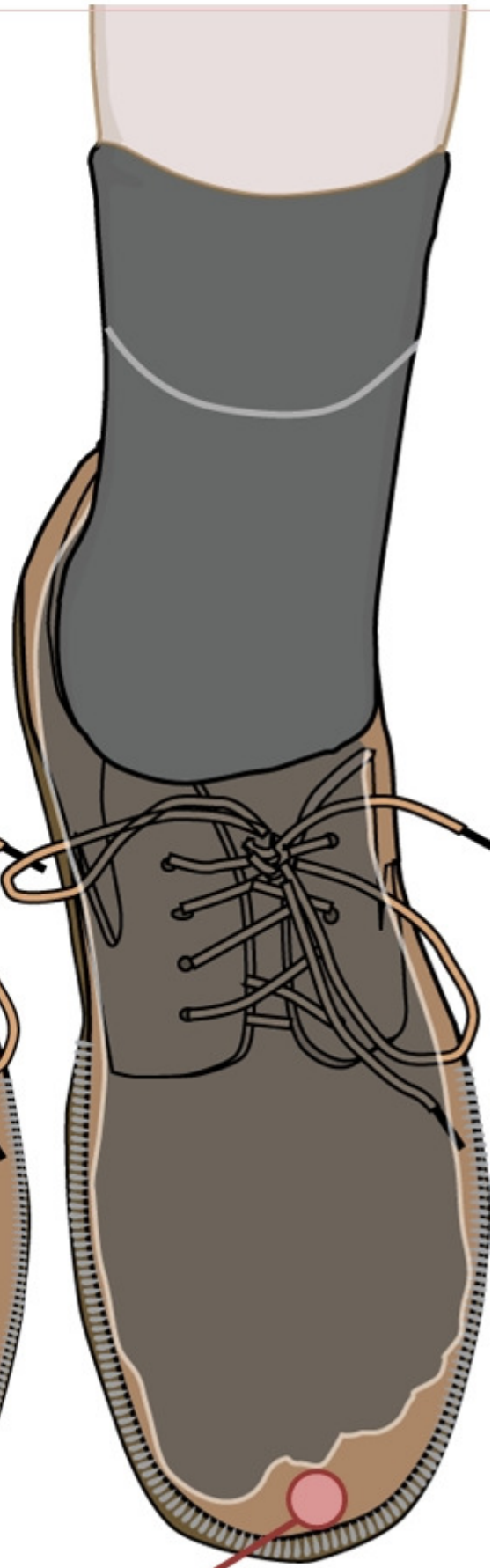
How your shoes should fit



Another kind of sandal



Enclosed leather shoes

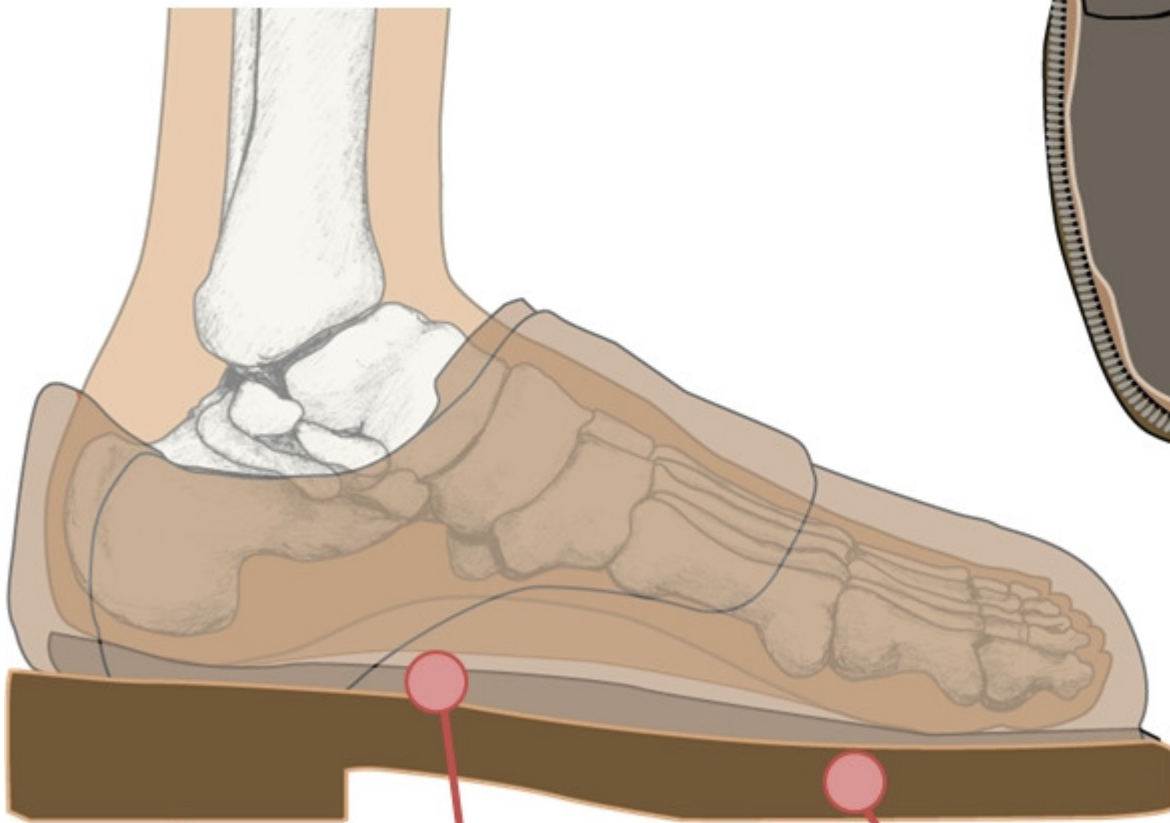
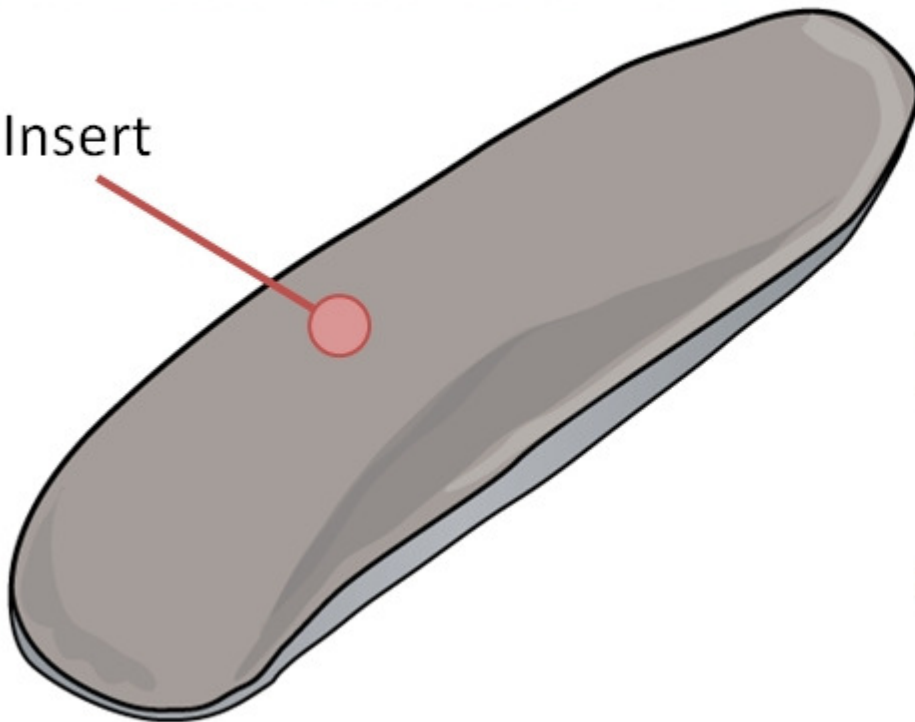


Room for toes



Enclosed leather shoes

Insert

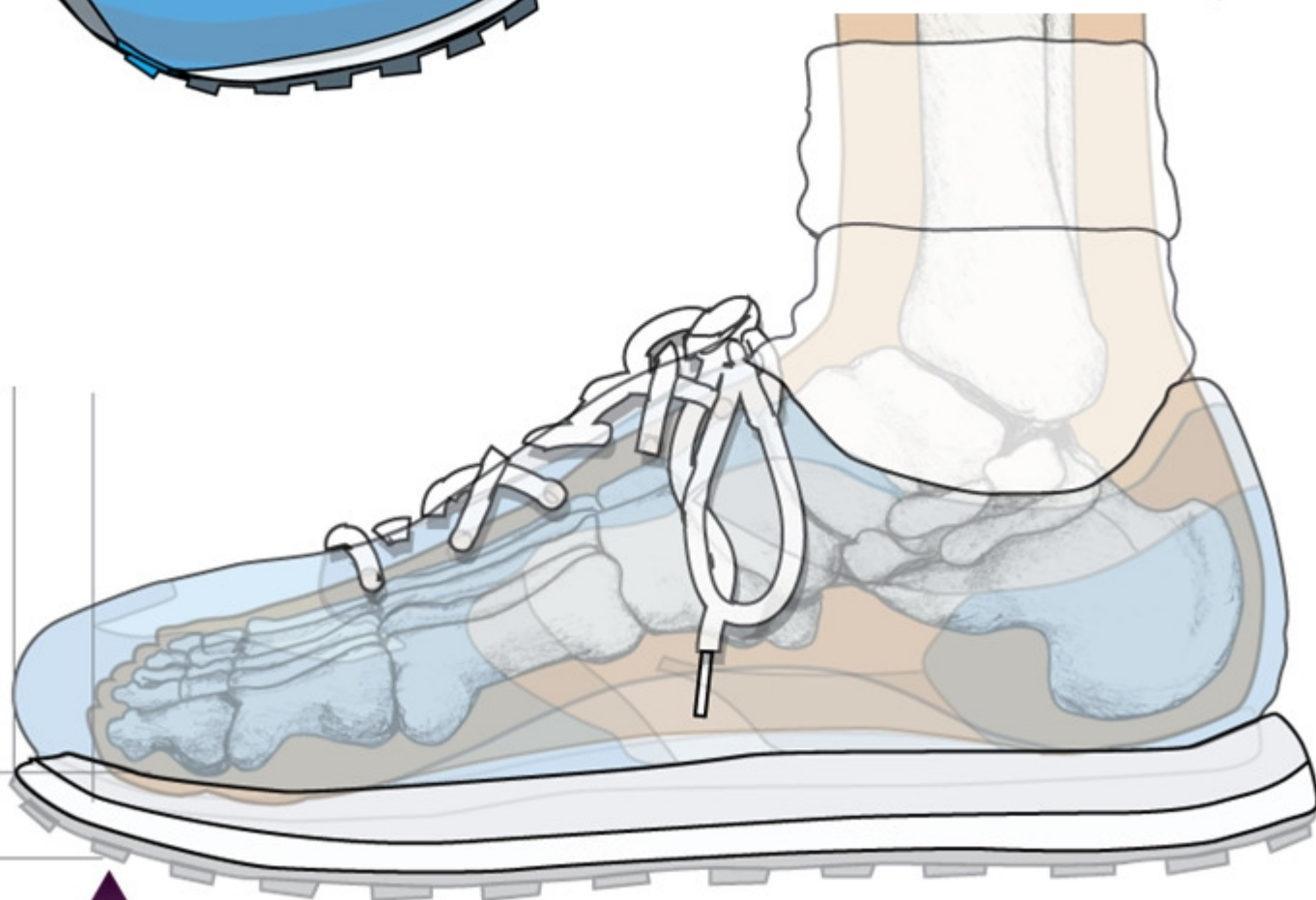


Insert

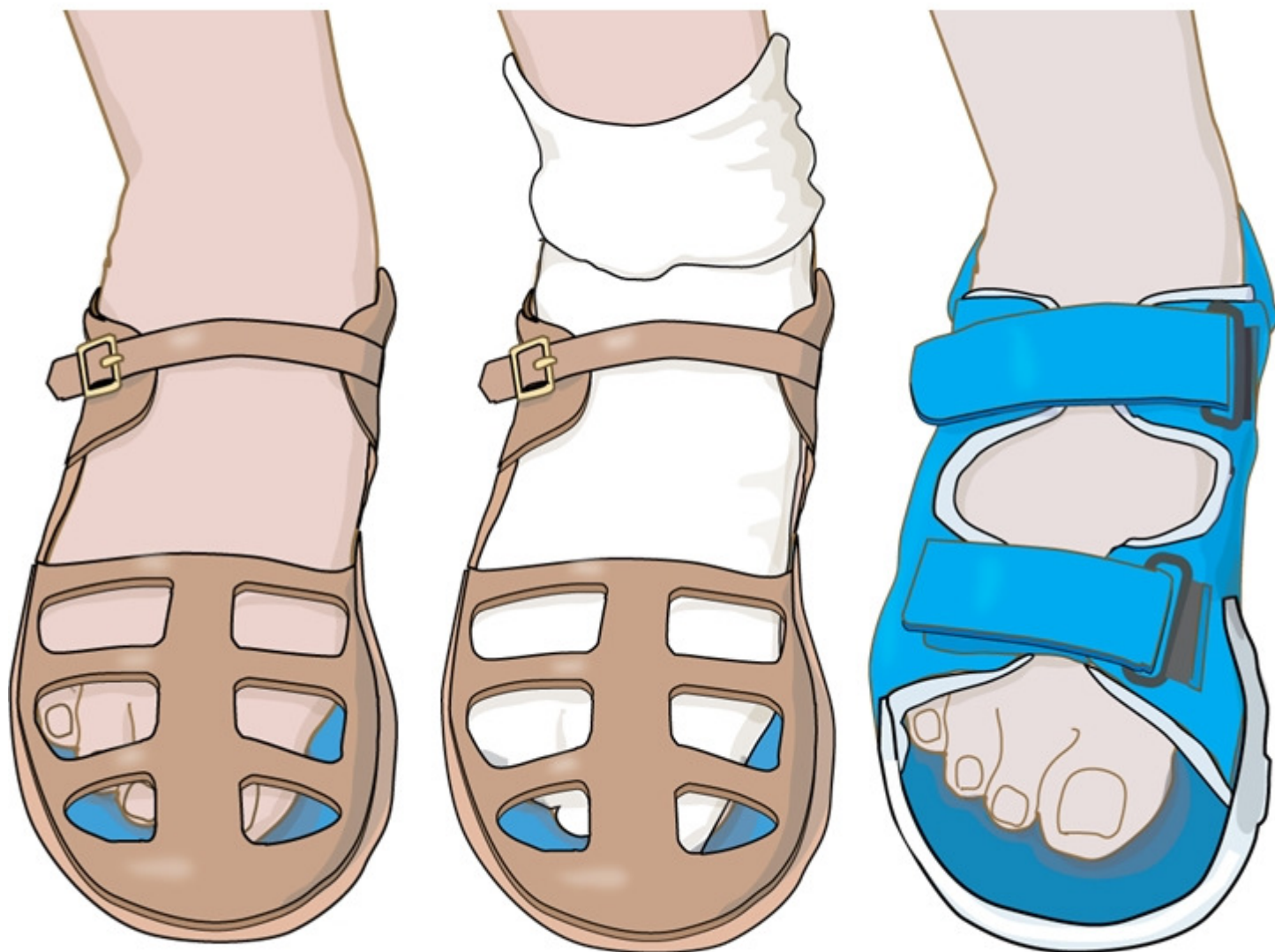
Thick rubber sole



Joggers



What do you think of these sandals?



What do you think of these shoes?



What is the story here?



What is the story here?



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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