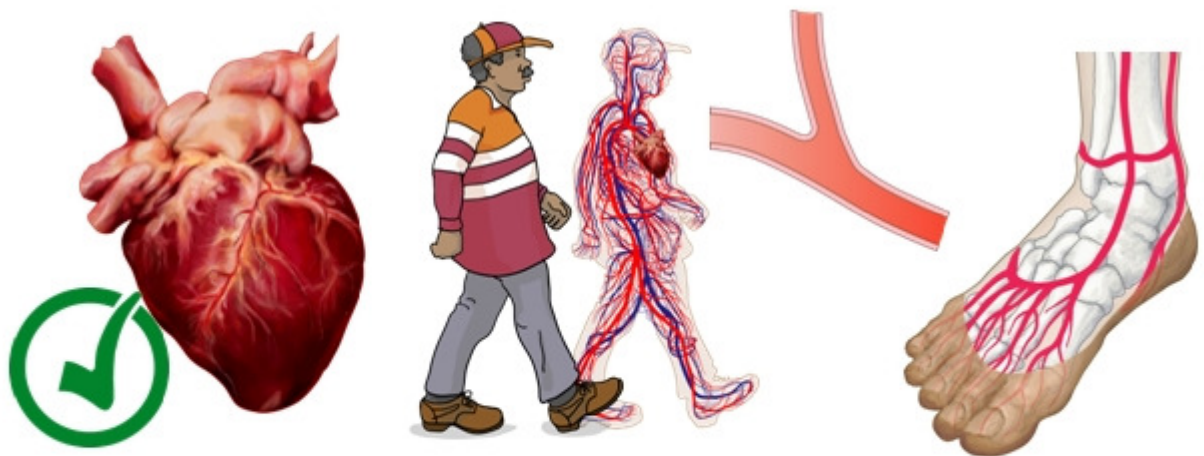


diabetes foot care Looking after your feet

1



2



3



4



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 exercise is good for your feet. 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 moving is good for:
 - feet
 - blood pipes
 - heart
 - blood sugar levels
 - nerves
- Why they need to wear shoes and socks when exercising.

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

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

Notes:

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

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