

# Choosing shoes

Looking after your feet

- 1 Your first choice is: "Do you want closed shoes or open shoes?"

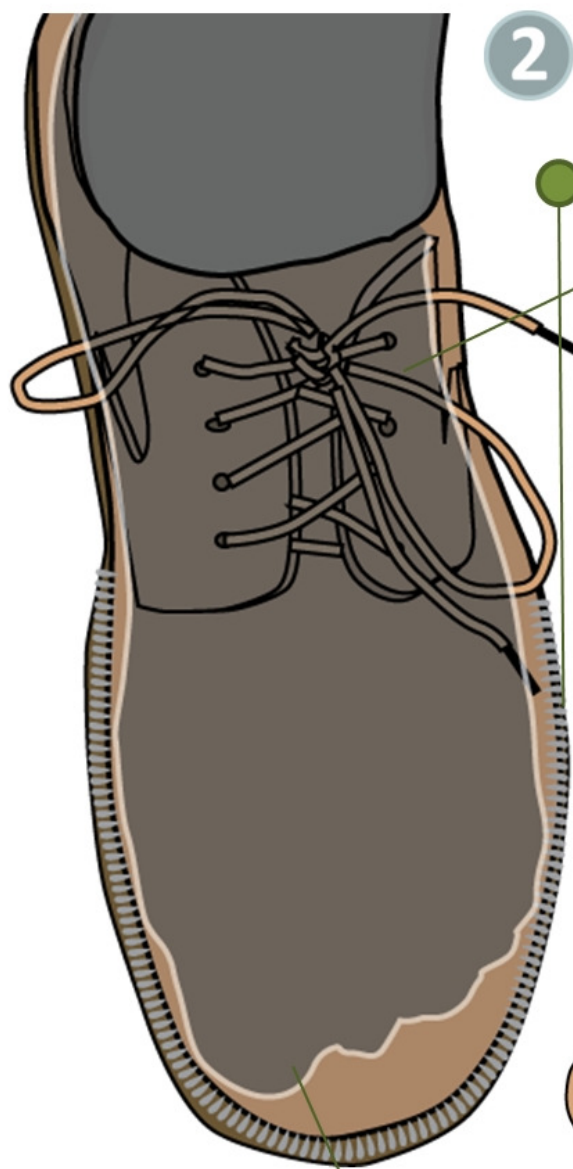


Closed shoe

Open shoe

2

## Your check list:



Are they wide enough?

Can you adjust the fastenings?  
(Example shoe laces which don't slip)

Are the inside of the shoes is smooth?

Will the edges rub?

Are your heels supported?

Is there enough room for my toes?

Do they breath?

Are the soles 1 cm thick?

Are the soles rubber?

Will there be enough room for inserts?





Old shoes



3

Shoes may be comfortable but they wear out

New shoes



4

New shoes have to be worn in

5

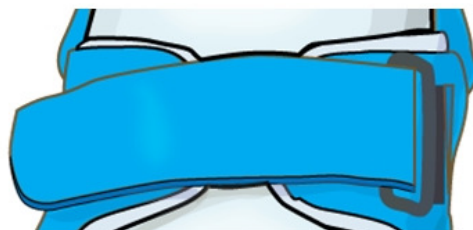
When you have new shoes wear them for only 30 minute to 1 hour to begin with. Then slowly increase the time you wear them.

6

### Different fastenings



Buckles



Velcro

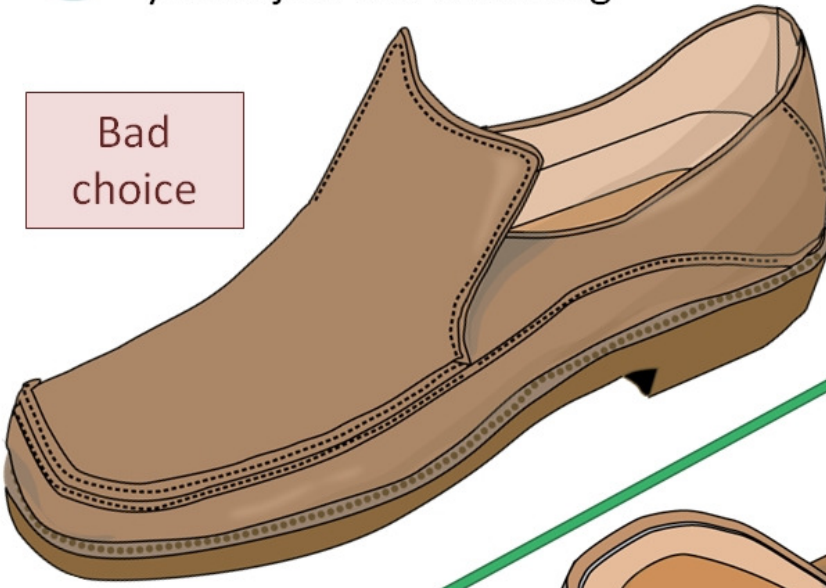


Shoe laces which don't slip

# Making choices

7 This shoe doesn't let you adjust the fastening

Bad choice



Bad choice

8 This shoe doesn't support your heel



Bad choice



9

Don't buy shoes just for special occasions

Good choice

10



Buy shoes which suit your lifestyle

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 look after your feet.

The story is relevant for people with different kinds of diabetes.

### Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

### Notes:

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

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Levels



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