

What to get



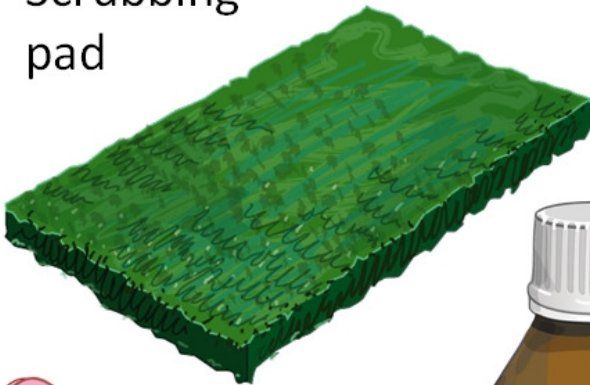
Soap



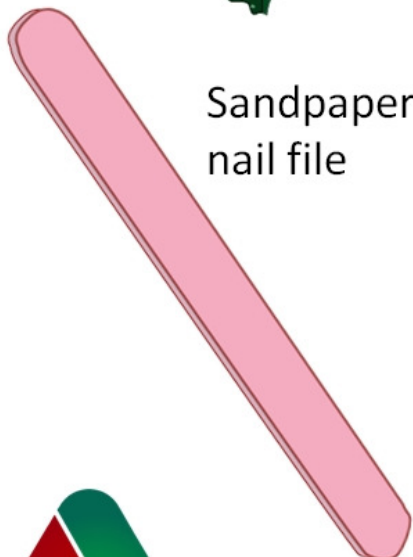
Skin cream



Scrubbing
pad



Cotton buds



Sandpaper
nail file



Methylated
spirits



Bowl to wash your feet

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 provide support for health coaching when making client plans

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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