

# Improving together

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## Safer Footwear

### Overview

#### Reducing falls with safer footwear

Well-fitting footwear can reduce the risk of falling, particularly among older people.

But often patients are not wearing their slippers, or do not have well-fitting slippers or comfortable shoes with them in hospital.

An education campaign is highlighting the importance of footwear, while reminding patients and relatives to bring slippers or shoes from home.

Free slippers are also offered to patients in need.

The campaign is helping to reduce the risk of falls, injury and the need for further hospital care.

### My contribution

Up to one in three people aged 65 and over fall each year, so I knew that educating people about footwear could make a huge difference.

I have started training nursing and therapy teams on falls and safe footwear. I have also sourced a supply of slippers for patients who don't have any.

It's really starting conversations about footwear and what more we can do to prevent falls.

