



Ageing Well Together Falls Prevention

SENIORS SHOULD WEAR SNEAKERS

Potentially fatal falls are much more likely if elderly people don't wear shoes or wear footwear other than athletic shoes, according to new research. The research, published in the *Journal of the American Geriatrics Society*, found that seniors who wore any type of shoes other than sneakers increased their risk of falling by more than 30%.



- One in three adults age 65 and older suffer serious falls each year.
- In Canada alone, more than 5,000 seniors die of falls annually.
- Most falls occur while people are walking on level surfaces (not on stairs).
- People who walked barefoot or in stocking feet were 10 times as likely to fall as those who wore sneakers, the researchers found.
- The risk of falling while wearing loafers or laceup oxfords was 30% - 50% higher than while wearing sneakers.
- The low heel, strong-grip bottom and the firm but flexible support offered by sneakers make them the best choice of footwear for seniors.
- Consider wearing sneakers even while engaging in everyday activities in and around your house.

