



Equipment to Assist with Foot Care

There is equipment available to assist you look after your feet. If you have problems with your feet or toenails, please see a podiatrist.

If you have difficulty reaching your feet, long-handled aids may be useful. There are long handled **toe wipers**, **sponges** and **scrubbing brushes**.

You can make your own toe wiper. Take a ruler (make sure there are no sharp edges or splinters) and wrap some dish cloth around the end. Secure with a rubber band. To dry your feet, replace the dishcloth with a dry piece. There are also **long handled lotion applicators** available.



Toe Wiper

If you have difficulty seeing the bottom of your feet, you can use a mirror placed on the floor. There are also magnified makeup mirrors and mirrors with long handles available.

Putting on Socks

If you have difficulty bending down to put socks and stockings on, a **sock aid** may be helpful.

Sock aids have a flexible plastic gutter with long cotton tapes. To use the sock aid, pull the sock over the plastic gutter. Use the tapes to lower the sock aid to the ground. Put your foot in the gutter, point your toes, and pull on the tapes. This pulls the sock onto the foot.

There are also devices available that assist in putting on pantyhose or compression stockings.

Consider what you are sitting on when dressing. Sometimes the edge of the bed is too soft and unstable. Sometimes sitting on a kitchen chair may make dressing easier.

To take sock off, you can rub the socks on the carpet, or run a long **shoehorn** down your leg, inside the sock.



Doing up Shoes

Long-handled shoehorns may assist with putting shoes on by reducing the need to bend. You can also use the shoehorn to help remove socks.

If you have difficulty with shoelaces, consider the following options:

- **Elastic shoe laces** stretch and can remain tied up while putting on/taking off shoes.
- **Springer shoe laces** are elastic shoelaces in a spring shape. They can be fastened without needing to tie them
- **Shoe lace locks** can also be used as a securing and tightening device.
- **Shoe buttons** are made of plastic and screw through the top shoelace hole. A tied shoelace can then be pulled over the button to fasten, reducing the number of times the shoelace has to be tied and untied.
- If these alternatives are still difficult to manage, consider slip-on **shoes** or **shoes with Velcro fastenings**.



ILC Tas

ILC Tas is a non-profit organisation that provides free information and advice about assistive equipment and technology. Assistive technology is anything that can help you do a task. This includes; equipment for daily living, communication and technology, and changes to your environment.

We have health professionals who can help you decide what you need. They offer information and advice tailored to your situation. Solutions could involve changing a technique, using a service, handy hints or adapting something you can find around the home.

For more information on the items in this factsheet, please contact us. We can send you information on suppliers, contact numbers and approximate prices.

There are 4 ways to access the service:

1. Ring 1300 885 886 to speak to a health professional.
2. Visit our website or email us.
3. Ring us to find out when we will be visiting your area with our Mobile Outreach Service.
4. Visit our centre (please make an appointment).

We also have a list of hire agencies and people who are selling equipment second hand.