



## A basic guidance to good slippers

Good slippers prevent falls: When buying a pair of slippers make sure that they have:

- A snug velcro-strap fit, even for unusual shaped feet
- Many of them have a slightly softer Comfylux sole and tough rubber stiffeners.
- The strap may be some other hook-and-loop system to Velcro but this doesn't matter as long as its hook and loop!
- Be washable
- Latex free rubber sole or softer sole materials have a greater grip on carpet & lino than hard ones
- Suppleness. As we get older our extremities become a little numb, and it is harder for us to get the information needed for balance, or to tell us whether we are treading in the middle of a stair or on the edge. A suppler sole is more useful as we get older, to reduce this effect.

Here's what some of them look like and these are the ones you need to try and buy....



**Remember – The more grip, the less they could slip.....**