

Different Approaches for Personal Footcare

An evidence based approach has been successfully implemented in other parts of the UK. This has been centred on a range and mixture of the following four models of care:

1. Supported self care for individuals—where education/awareness on personal footcare is delivered to small groups of individuals their families and carers to support self care.
2. Integrated personal footcare services – the provision of education and training to groups of employed care staff in all care sectors organised in partnership by NHS boards and local authorities.
3. Social enterprises/voluntary sector – where voluntary services/social enterprises offer personal footcare as a service to older people. This is underpinned by the training at item 2
4. Independent podiatry practice – where people access personal footcare services (as distinct from podiatry treatment) via the private sector.

More Information

If you would like this document in Braille, audio-tape format, or another language please contact Susan Malcolm at

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If you would like more information about the personal footcare guidance please contact

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**Information on the
National Personal
Footcare Guidance**

Good foot health really matters to older people. It can reduce pain, improve confidence, mobility, quality of life and independence with the potential to prevent more serious problems.

Scotland's population of people aged over 65 years is projected to increase by 22% by 2020 to 1.3 million. In the same period, the over 75 years population is predicted to increase 508,000. A consequence of this is an increased demand from the older population for assistance with personal footcare when no medical or podiatry need is present.

The term personal footcare covers a set of tasks that an adult, whatever their age, would normally do for themselves. When this becomes difficult for a person to do for themselves, their family, friends or carers may choose to do it for them.

Conditions which can make it difficult for someone to care for their own feet, include sight impairment, arthritis, dementia, general frailty and inability to reach their feet.

What is personal footcare?

Personal footcare includes these tasks:

Toenail care

- Cutting, clipping and filing toenails safely, and keeping them at a length which feels comfortable.

Skin care

- Smoothing and moisturising dry and rough skin
- Keeping feet clean, dry, comfortable and warm
- Checking for cracks and breaks in the skin and signs of inflammation
- Looking for signs of infection or other obvious early problems and seeking professional advice

Checking footwear

- Checking all footwear for comfort, fit, state of repair and safety

What are we doing to help?

During 2013 the Scottish Government is supporting the implementation of National guidance on personal footcare through the AHP national Delivery Plan. This guidance will provide information for services to provide you, your family and carers with the support and information to look after your feet well. This information will be available in paper and e formats.

If you need assistance with personal footcare, the guidance sets out recommendations and training requirements for service providers.

Each health board area will be working with their local partners and podiatry services to identify the need and possible solutions for personal footcare within their local populations.

It is envisaged that a mixture and range of solutions will be required and that the requirements in each area will reflect local needs.