

Giving Up Dress Shoes

~Mary Maxwell, Posted May 15, 2012



Vicky in Provo writes, "My physical therapists want me to stop wearing dress shoes. They say it's a fall hazard and told me I should begin wearing tennis shoes. I can't imagine giving up my beautiful shoes to slog around in ugly, old gym shoes everyday and what do I do when I need to dress up? I know I can't ignore their advice, so how can I make this transition?"

Oh, Vicky. Do I ever understand about this. The last time I wore a really nice pair of heels, I fell off them on the dance floor. I didn't hurt myself, but I severely bruised an innocent bystander who took the brunt of the fall. At our age, the last thing people look at are our shoes. They are more concerned with whether or not we have a pulse, a heartbeat, some idea where we parked the car. By the time they get to our shoes, we are long gone. I now wear seasonal tennis shoes. I have an Easter pair, a Christmas pair, a Fourth of July pair, a black Friday pair and a stunning sequined pair for formal occasions. I no longer totter through department stores and airports and I can get on an escalator without having to pause a few minutes to work up my courage and then having to cling to the handrails as if my life depended upon it, which by the way, it did. So get a crate of tennis shoes at a discount store and start decorating. The world will be a safer place for you and those around you.

Watch the video,

<http://www.caregiverstress.com/2012/05/giving-up-dress-shoes/>

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