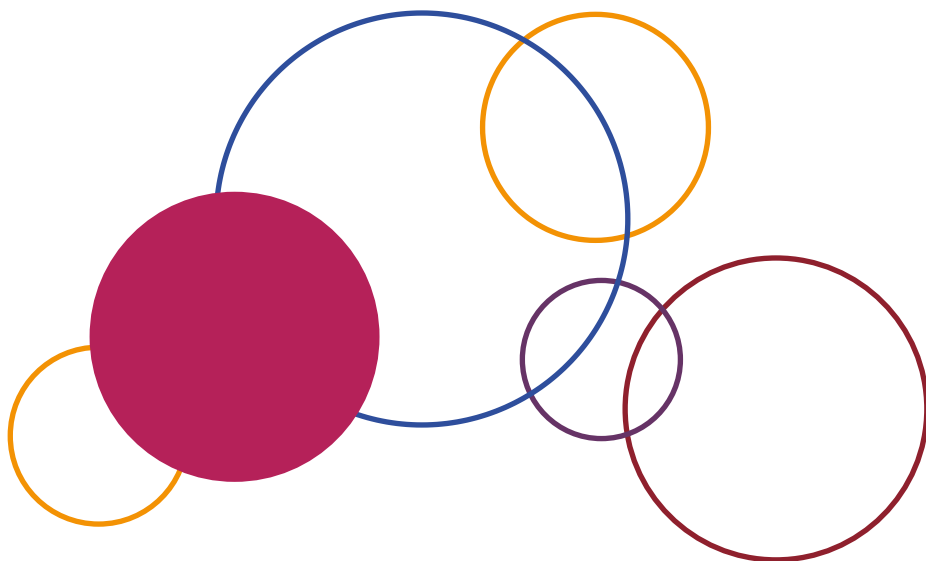


Service information guide

Podiatry - Where to find help



Caring for your feet

Most people can safely care for their own feet or ask family, friends or carers to do it for them.

This guide helps you find alternative treatment options for your footcare needs.

Self Care

The Podiatry team have a separate leaflet titled 'Looking after your feet' which provides simple practical advice about foot and nail care.

Private Podiatry Treatment

If you do not feel that you or a family member can manage the care of your feet safely and you don't meet the eligibility criteria for NHS care, then you can seek treatment through a private podiatry provider.

We recommend that you check the private podiatrists are HCPC registered (regulatory body for the profession) at hcpc-uk.org

The Royal College of Podiatry website helps you to find local podiatrists in your area:
rcpod.org.uk

Attendance Allowance

You might be eligible for Attendance Allowance if you have a disability severe enough that you need someone to help look after you. Find more information via www.gov.uk/attendance-allowance

Equipment

There is a range of different equipment that can be purchased from chemists, supermarkets and online to help care for your feet. There are some examples below:

Foot File

This can be used to file hard skin or nails.



Cream/Lotion Applicator

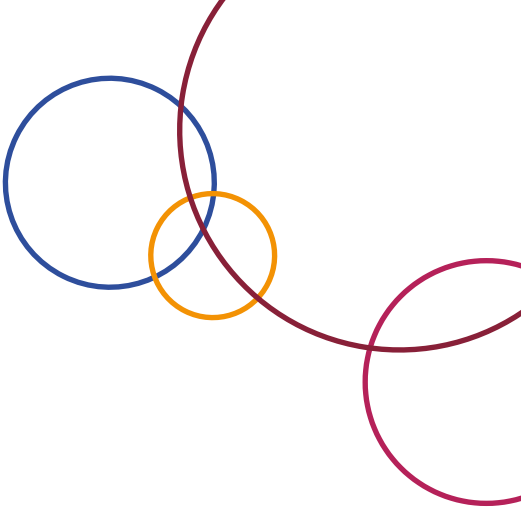
This can be used to help apply moisturising cream to your feet.



Long handled Shoe Horn

These can help you put your shoes on.





Get in touch

Podiatry Service

Farnham Hospital
Hale Road
Farnham
Surrey
GU99QL

t: 01483 908162

e: podiatry@hcrhcaregroup.com

w: <https://surreynehantscommunityservices.nhs.uk>



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