

C- 5e. FOOT CARE

Foot Care services are intended to provide early detection of existing and potential foot problems, as well as alleviate dry skin problems and provide maintenance of healthy nails. Services include foot inspection and palpation, foot soaks, nail trimming and instructions in foot health maintenance. Referrals for follow up treatment are made to local physicians and podiatrists.

Foot care services in 2014 provided service to 807 unduplicated individuals with 3,486 units of service provided. Clients served included 73% over the age of 75, 53% greatest economic need and 40% were living alone.

CONTRACTED FOOT CARE SERVICES:

Foot care services are provided in Asotin, Columbia, Franklin, Kittitas, Yakima and for Burbank residents in Walla Walla County. Clinics are held at community and senior centers within the local communities to provide easy access.

Foot Care services are provided by Registered Nurses who provide teaching on foot health, instruction on foot care and referrals to medical providers to enhance health and prevent more serious health outcomes.

FOOT CARE ISSUES:

With limited funding resources in Washington State, clinics are continuing to experience funding shortfalls. Participants often have transportation issues which

increases the difficulty in accessing foot care services. Resources for foot care are limited as client's medical insurance often does not include a foot care benefit. Private pay foot care is limited in most rural communities and expensive when available.

GOAL: ALTC will advocate for coordination of resources to maximize foot care services among different settings in our service delivery area.

OBJECTIVES:

- ALTC staff will work with the foot care contractors to continue to provide service and have accessibility to existing number of foot care clinics in local community settings. *January 2016 - December 2019*
- ALTC will make efforts to educate the public and legislators by sharing demographic information on seniors in our PSA and advocate for additional resources. *Legislative sessions 2016-2019*
- ALTC staff and the foot care contractors will provide education to seniors on the importance of therapeutic foot care to reduce or prevent potential health problems. *January 2016 – December 2019*