

Bev Grobbelaar believes a good pair of shoes will take you places



Beverley Grobbelaar was a registered nurse for 25 years. She reached a turning point in her life where she wanted a change from the extremely long hours and frantic lifestyle, but wanted a vocation where she could continue to help people.

“I was looking for a career where I could see people one-on-one and make a difference to their health,” Grobbelaar said.

“I had no plans to be a podiatrist at that point. My husband saw in the paper they had commenced podiatry training at Newcastle University, and suggested I attend

the open day. I did, and walked away very impressed. I had to awaken quite a few brain cells going back to university at the age of 50, but becoming a podiatrist was one of the best decisions I have made,” beamed Grobbelaar.

After tight restrictions were implemented in clinics due to COVID, Beverley Grobbelaar decided to start her own mobile podiatrist business servicing areas across NSW. She believed there was a growing need in the ageing community for home visits, despite the pandemic.

“Sitting with a client in their home environment, I can often see areas where the problems affect their mobility. I am able to do a more thorough assessment than if they just walked into the clinic to have their toe nails cut,” said Grobbelaar.

The most common issues that Grobbelaar diagnoses when visiting various clients in their homes often stem from incorrect footwear and wearing cheap shoes.

“People need to spend \$200 on a good pair of shoes, rather than the \$20 pair from Kmart,” Grobbelaar stressed.

“The biggest challenge is, people in aged care can’t justify spending that amount of money. They tell me that they go to the hairdresser to get their hair done, but their feet get overlooked completely. I instil to them, that they won’t be able to stand up and get to the hairdresser if they don’t look start looking after their feet!” Grobbelaar asserted.

With a total of 5 visits being rebated through the Medicare system in Australia currently, Grobbelaar believes it isn’t good enough, and footcare needs to play a greater role in future. “If someone can’t walk properly, they tend to sit down more and then their health starts to degenerate. Their balance and stability eventually become affected, and if an elderly person falls over and they break their hip, it can cause fatal consequences to their health,” conveyed Grobbelaar.

Like a high blood pressure tablet a doctor would prescribe a patient to take daily to keep it under control, Grobbelaar emphasised that the same regimes go with podiatry, or the issues simply return or worsen over time.

“There is a mindset with the older generation that if they go to the doctor, the doctor will give them a pill and they will be cured — but it doesn’t work like that in in our field of work, there is rarely the quick fix people are looking for,” said Grobbelaar.

When asked what her most popular product was, Grobbelaar recommended Restorate Intensive Foot Spray and advised it is especially handy for those who have trouble bending down to reach their feet.