

Elderly Mobility Scale

Patient's Full Name: _____ Date Assessed: _____

Assessor's Full Name: _____

TASK	
1. Lying to Sitting	<input type="radio"/> 2 points = Independent <input type="radio"/> 1 point = Needs help of 1 person <input type="radio"/> 0 points = Needs help of 2+ people
2. Sitting to Lying	<input type="radio"/> 2 points = Independent <input type="radio"/> 1 point = Needs help of 1 person <input type="radio"/> 0 points = Needs help of 2+ people
3. Sitting to Standing	<input type="radio"/> 3 points = Independent in under 3 seconds <input type="radio"/> 2 points = Independent in over 3 seconds <input type="radio"/> 1 point = Needs help of 1 person <input type="radio"/> 0 points = Needs help of 2+ people
4. Standing	<input type="radio"/> 3 points = Stands without support and is able to reach <input type="radio"/> 2 points = Stands without support but needs support to reach <input type="radio"/> 1 point = Stands but needs support <input type="radio"/> 0 points = Stands only with physical support of another person
5. Gait	<input type="radio"/> 3 points = Independent with or without a walking stick/cane <input type="radio"/> 2 points = Independent with a walking frame <input type="radio"/> 1 point = Mobile with walking aid but erratic / unsafe <input type="radio"/> 0 points = Needs physical help or constant supervision to walk
6. Timed 6-meter Walk	<input type="radio"/> 3 points = Was able to finish under 15 seconds <input type="radio"/> 2 points = Was able to finish between 16 – 30 seconds <input type="radio"/> 1 point = Took over 30 seconds to finish <input type="radio"/> 0 points = Unable to cover 6 meters
7. Functional Reach	<input type="radio"/> 4 points = Their reach is over 20 cm. <input type="radio"/> 2 points = Their reach is between 10 - 20 cm. <input type="radio"/> 0 points = Their reach is under 10 cm.

Total Score: _____

Scores of 0 - 9 mean that the patient is dependent on mobility maneuvers. They require help/support for basic activities of daily living

Scores of 10 - 13 mean that the patient is borderline in terms of safe mobility and independence when it comes to activities of daily living, but they still require help with some mobility maneuvers

Scores of 14+ mean that the patient is able to perform mobility maneuvers alone and safely, plus, they are independent when it comes to basic activities of daily living