

ELDERLY MOBILITY SCORE

Patient Name:.....

Ward/Dept:.....

Date of Birth:.....

		Date				
Task	Scoring					
Lying to Sitting	2 Independent 1 Needs help of 1 person 0 Needs help of 2 + people					
Sitting to Lying	2 Independent 1 Needs help of 1 person 0 Needs help of 2 + people					
Sitting to Standing	3 Independent in under 3 seconds 2 Independent in over 3 seconds 1 Needs help of 1 person 0 Needs help of 2 + people					
Standing	3 Stands without support and able to reach 2 Stands without support but needs support to reach 1 Stands but needs support 0 Stands only with physical support of another					
Gait	3 Independent (+/- stick) 2 Independent with frame 1 Mobile with walking aid but erratic/unsafe 0 Needs physical help to walk or constant supervision					
Timed walk	3 Under 15 seconds 2 16-30 seconds 1 Over 30 seconds 0 Unable to cover 6 metres					
	Recorded time in seconds					
Functional Reach	4 over 16 cm 2 8-16 cm 0 Under 8 cm					
	Actual Reach					
	Scores	/20	/20	/20	/20	
Therapist Name						
TUSS						
180° Turn						
10 Sec stand						
Semi tandem stand						
Tandem stand						
1 leg stand						