

## ELDERLY MOBILITY SCALE SCORE



**Patient details**.....

TASK	Date			
<b>Lying to Sitting</b>	2 Independent 1 Needs help of 1 person 0 Needs help of 2+ people			
<b>Sitting to Lying</b>	2 Independent 1 Needs help of 1 person 0 Needs help of 2+ people			
<b>Sitting to Standing</b>	3 Independent in under 3 seconds 2 Independent in over 3 seconds 1 Needs help of 1 person 0 Needs help of 2+ people			
<b>Standing</b>	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 person			
<b>Gait</b>	3 Independent (+ / - stick) 2 Independent with frame 1 Mobile with walking aid but erratic / unsafe 0 Needs physical help to walk or constant supervision			
<b>Timed Walk (6 metres)</b>	3 Under 15 seconds 2 16 - 30 seconds 1 Over 30 seconds 0 Unable to cover 6 metres <i>Recorded time in seconds.</i>			
<b>Functional Reach</b>	4 Over 20 cm. 2 10 - 20 cm. 0 Under 10 cm. <i>Actual reach</i>			
<b>SCORES</b>		<b>/ 20</b>	<b>/ 20</b>	<b>/ 20</b>
<b>Staff Initials</b>				

**Scores under 10** - generally these patients are **dependent** in mobility manoeuvres; require help with basic ADL, such as transfers, toileting and dressing.

**Scores between 10 - 13** - generally these patients are **borderline** in terms of safe mobility and independence in ADL i.e. they require some help with some mobility manoeuvres.

**Scores over 14** - Generally these patients are able to perform mobility manoeuvres alone and safely and are **independent** in basic ADL.