

**ELDERLY MOBILITY SCALE**

**PURPOSE:**

A standardized validated scale for assessment of mobility in more frail, low functioning, elderly patients. The scale assesses 7 aspects of functional performance, including locomotion, balance and position changes, all of which are intrinsic skills for ADLs.

**EQUIPMENT:**

None

**INSTRUCTIONS:**

Assess patient as he performs each activity and select the most appropriate score

**SCORING:**

Max score = 20

Higher scores indicate better performance

- 14-20** Maneuvers alone and safely. Independent in basic ADLs. These patients are generally safe to go home but may need some help.
- 10-13** Borderline in terms of safe mobility and independence in ADLs. These patients will require some help with mobility maneuvers.
- < 10** Dependent in mobility maneuvers and requiring help with basic ADLs (transfers, toileting, dressing etc.) May require Home Care Package/Long Term Care depending on patient's wishes and circumstances

Please note these are general interpretations. They do not take into account cognition, safety awareness and other factors that may impact on mobility e.g. postural hypotension.

## ELDERLY MOBILITY SCALE

<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>Sit to stand</b>	3 Independent in under 3 seconds 2 Independent in over 3 seconds 1 Needs help of 1 person (verbal or physical) 0 Needs help of 2 + people
<b>Standing</b>	3 Stands without support & reaches within arms length 2 Stands without support but needs help to reach 1 Stands, but requires support 0 Stands, only with physical support of 1 person
<b>Gait</b>	3 Independent (include use of sticks) 2 Independent with frame 1 Mobile with walking aid but erratic/unsafe turning 0 Requires physical assistance or constant supervision
<b>Timed walk (6m)</b>	3 Under 15 seconds 2 16-30 seconds 1 over 30 seconds
<b>Functional Reach</b>	4 over 20cm 2 10-20 cm
<b>Support = uses upper limbs to steady self</b>	0 Under 10cm or unable
<b>TOTAL: ____ / 20</b>	

- 1-20** Maneuvers alone and safely. Independent in basic ADLs. These patients are generally safe to go home but may need some help.
- 10-13** Borderline in terms of safe mobility and independence in ADLs. These patients will require some help with mobility maneuvers.
- < 10** Dependent in mobility maneuvers and requiring help with basic ADLs (transfers, toileting, dressing etc.) May require Home Care Package/Long Term Care depending on patient's wishes and circumstances