

ELDERLY MOBILITY SCALE SCORE

Patient details.....

TASK	Date			
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 person			
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 (6 metres) <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-top: 5px;">approx 18 feet</div>	3 Under 15 seconds 2 16 - 30 seconds 1 Over 30 seconds 0 Unable to cover 6 metres			
	<i>Recorded time in seconds.</i>			
Functional Reach	4 Over 20 cm. 2 10 - 20 cm. 0 Under 10 cm.			
	<i>Actual reach</i>			
SCORES		/ 20	/ 20	/ 20
Staff Initials				

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.