

Functional Ability and Safety Screening

Any “Yes” to the following questions requires further evaluation

Item	Yes	No
Timed get up and go test takes longer than 30 seconds?		
Any history of fall?		
Do you need help with managing finances, shopping, transportation, taking medications, housework or phone?		
Do you need help with bathing, dressing, eating, mobility, personal hygiene or grooming?		
Do you lack at home grab bars in bathroom, stairway, non-slippery bath mats?		
Do you have clutter or poor lighting around the house?		
Do you have difficulty hearing?		

Timed get up and go test

The following describes the entire test*

The person may wear their usual footwear and can use any assistive device they normally use.

1. Have the person sit in the chair with their back to the chair and their arms resting on the armrests.
2. Ask the person to stand up from a standard chair and walk a distance of 10 ft. (3m).
3. Have the person turn around, walk back to the chair and sit down again.

Timing begins when the person starts to rise from the chair and ends when he or she returns to the chair and sits down.

The person should be given 1 practice trial and then 3 actual trial. The times from the three actual trials are averaged.

Predictive Results

Seconds Rating

<10 Freely mobile

<20 Mostly independent

20-29 Variable mobility

>30 Impaired mobility

*Source: Podsiadlo, D., Richardson, S. The timed ‘Up and Go’ Test: a Test of Basic Functional Mobility for Frail Elderly Persons. *Journal of American Geriatric Society*. 1991; 39:142-148