

Elderly Mobility Scale

ELDERLY MOBILITY SCALE

Patient's Full Name: _____ Date Assessed: _____ dd / mm / yyyy

Assessor's Full Name: _____

1. Lying to Sitting

☐ Independent (2 points) ☐ Needs help of 1 person (1 point) ☐ Needs help of 2+ people (0 points)

2. Sitting to Lying

☐ Independent (2 points) ☐ Needs help of 1 person (1 point) ☐ Needs help of 2+ people (0 points)

3. Sitting to Standing

☐ Independent in under 3 seconds (3 points) ☐ Independent in over 3 seconds (2 points) ☐ Needs help of 1 person (1 point)
☐ Needs help of 2+ people (0 points)

4. Standing

☐ Stands without support and is able to reach (3 points) ☐ Stands without support but needs support to reach (2 points)
☐ Stands but needs support (1 point) ☐ Stands only with physical support of another person (0 points)

5. Gait

☐ Independent with or without a walking stick/cane (3 points) ☐ Independent with a walking frame (2 points)
☐ Mobile with walking aid but erratic / unsafe (1 point) ☐ Needs physical help or constant supervision to walk (0 points)

6. Timed 6-meter Walk

☐ Was able to finish under 15 seconds (3 points) ☐ Was able to finish between 16 – 30 seconds (2 points)
☐ Took over 30 seconds to finish (1 point) ☐ Unable to cover 6 meters (0 points)

7. Functional Reach

☐ Their reach is over 20 cm. (4 points) ☐ Their reach is between 10 - 20 cm. (2 points)
☐ Their reach is under 10 cm. (0 points)

Total Score: _____

Scores of 0 - 9 mean that the patient is dependent on mobility maneuvers. They require help/support for basic activities of daily living. Scores of 10 - 13 mean that the patient is borderline in terms of safe mobility and independence when it comes to activities of daily living, but they still require help with some mobility maneuvers. Scores of 14+ mean that the patient is able to perform mobility maneuvers alone and safely, plus, they are independent when it comes to basic activities of daily living.