

Elderly Mobility Scale

Patient's full name: _____

Assessor's full name: _____

Date assessed: _____

Task	
Lying to sitting	<input type="checkbox"/> 2 points = Independent <input type="checkbox"/> 1 point = Needs help of 1 person <input type="checkbox"/> 0 points = Needs help of 2+ people
Sitting to lying	<input type="checkbox"/> 2 points = Independent <input type="checkbox"/> 1 point = Needs help of 1 person <input type="checkbox"/> 0 points = Needs help of 2+ people
Sitting to standing	<input type="checkbox"/> 3 points = Independent in under 3 seconds <input type="checkbox"/> 2 points = Independent in over 3 seconds <input type="checkbox"/> 1 point = Needs help of 1 person <input type="checkbox"/> 0 points = Needs help of 2+ people
Standing	<input type="checkbox"/> 3 points = Stands without support and is able to reach <input type="checkbox"/> 2 points = Stands without support but needs support to reach <input type="checkbox"/> 1 point = Stands but needs support <input type="checkbox"/> 0 points = Stands only with the physical support of another person
Gait	<input type="checkbox"/> 3 points = Independent with or without a walking stick/cane <input type="checkbox"/> 2 points = Independent with a walking frame <input type="checkbox"/> 1 point = Mobile with walking aid but erratic/unsafe <input type="checkbox"/> 0 points = Needs physical help or constant supervision to walk

Task	
Timed 6-meter walk	<input type="checkbox"/> 3 points = Was able to finish under 15 seconds <input type="checkbox"/> 2 points = Was able to finish between 16 – 30 seconds <input type="checkbox"/> 1 point = Took over 30 seconds to finish <input type="checkbox"/> 0 points = Unable to cover 6 meters
Functional reach	<input type="checkbox"/> 4 points = Their reach is over 20 cm <input type="checkbox"/> 2 points = Their reach is between 10 - 20 cm. <input type="checkbox"/> 0 points = Their reach is under 10 cm.

Total score: _____

Interpretation

- **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.
-

Notes

Reference

Smith, R. (1994). Validation and reliability of the Elderly Mobility Scale. *Physiotherapy*, 80(11), 744–747. [https://doi.org/10.1016/s0031-9406\(10\)60612-8](https://doi.org/10.1016/s0031-9406(10)60612-8)