

TIMED UP AND GO Screening Tool



Purpose: Simple **screening tool** to identify elderly patients **at risk for falls**.

Preparation: Ask patient if he or she wears glasses or is experiencing visual problems. Patient should **wear eyeglasses** and **use assistive devices** (cane, walker, etc.) if applicable.

Explain or demonstrate the test before proceeding.

1. Ask the patient to sit comfortably in a chair
2. Ask patient to rise by stating, “Ready, set, go” and begin timing
3. If patient experiences dizziness upon rising, they may momentarily stand still to resolve
4. Patient walks toward point of destination (10 foot walk)
5. After reaching point of destination, patient turns around and returns to chair
6. When patient sits down, stop timing
7. Patient is scored according to the time in seconds required to complete the entire task

TIME _____ SCORE _____

Score on a scale of 1 – 4	
1. Less than 10 seconds	High mobility
2. 10-19 seconds	Typical mobility
3. 20-29 seconds	Slower mobility
4. 30 plus seconds	Diminished mobility

The Timed Up and Go score with hospitalization risk assessment findings and **clinical decision-making** will identify patients at risk for falling. Re-test the patients weekly to compare scores. This is an excellent way for **ALL** staff to have an objective measure that can be reviewed on a weekly basis to show improvement or lack of improvement.

Leadership Considerations:

- Determine a standard Time Up and Go technique (numerous available, this is just one sample)
- Determine how often Timed Up and Go is to be completed
- Include Timed Up and Go in orientation with annual competencies
- Ask therapists to teach the technique and evaluate competency
- Utilize the video PowerPoint available for demonstration (see page 44)

Modified from the APTA’s Balance and Fall Awareness Event Instruction Booklet for Physical Therapists, copyright 1999 American Physical Therapy Association. Used with permission.