

Timed Up and Go



If the person is very unsteady and likely to fall, do not perform this test.

The timed up and go test determines a person's falls risk from sitting to standing, walking and balance. This should be completed by a member of trained staff.

Equipment requirements:

- Stopwatch / phone with stopwatch function:
- Chair with armrests
- Measured distance of 3m (10ft)

Instructions to explain to the testee:

To make sure that we can get you the best available care, we would like to do a few tests. There is no passing or failing in these tests, they just help us to make sure that you receive any extra help you might need.

1. I will count to three and then say 'go'. When I say go, I will start the stopwatch, I would like you to stand up from the chair. You may use the arms of the chair to help you stand up.
2. I would then like you walk until you meet the marked 3m point. I would like you to move as quickly as you feel comfortable and safe walking at.
3. Once you have reached the 3m point, I would like you to turn around and walk back to the chair and sit back down on it.
4. You will complete one practice run and then two runs that are counted.
5. Would you be able to explain the instructions back to me? Do you have any questions?

Instructions for you:

Start timing on the word 'go', stop timing when the person's bottom touches the chair. Make sure that the person is wearing their regular footwear, if they normally use a walking aid, ensure that they use this during the test. Do not assist the person during the test. They may stop to rest but they may not sit down during it.

How to determine the results:

Practice Test

Test 1 = _____ seconds Test 2 = _____ seconds

Average time (add test 1 and test 2 times, divide the result by 2) = _____ seconds

Understanding the results

Fewer than 10 seconds = Normal

Greater than 10 seconds = Risk of frailty. Ensure that a PRISMA 7 is also completed

Greater than 30 seconds = Risk of frailty and falls. Ensure the PRISMA 7 is also completed.