

How We Test Your Mobility



Unable to follow commands
/ Unable to assist with
weight shifting

To ensure your safety, caregivers will test your ability to assist with mobilization and transfers several times a day.



Able to follow commands/
Able to assist with weight
shifting

Caregivers will encourage you to assist with reaching or turning to your side and other simple mobilization tasks.



Able to sit unsupported for
five seconds

If at any point you are not able to assist safely, your caregivers will STOP the transfer and use assistive devices to ensure your safety. The way you transferred into the bedside chair may not be the same way you get from the chair back to bed.



Able to stand unsupported
for five seconds

Each step of the way, your caregivers will test your ability to sit safely, stand safely and even walk safely. Sometimes you may be encouraged to transfer one way all day long and another way at night.



Able to march five to ten
steps in place

It seems silly, but your caregiver will ask you to walk or march in place at the bedside to ensure you are safe on your feet and not at risk of falling. Always let us know if you start to feel dizzy or light-headed while in the hospital!



Independent

You may be able to transfer and walk just fine on your own, but because you were assessed as a fall risk, you will be asked to call for assistance before attempting to get out of bed. We encourage you to ask questions about your mobility and let us know if you have concerns.

