

Elderly Mobility Scale (EMS) Calculator

Patient's Name: _____ Date: _____

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 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 (+ / - stick) (3 points)
- Independent with frame (2 points)
- Mobile with walking aid but erratic / unsafe (1 point)
- Needs physical help to walk or constant supervision (0 points)

6: Timed Walk (6 metres)

- Under 15 seconds (3 points)
- 16 - 30 seconds (2 points)
- Over 30 seconds (1 point)
- Unable to cover 6 metres (0 points)

7: Functional Reach

- Over 20 cm (4 points)
- 10 - 20 cm (2 points)
- Under 10 cm (0 points)

Total Score: __ / 20

Comments:

