



Pre Outdoor Mobility – Assessment

Client Name:Today's Date:

Assessment completed by:

What walking aid do you usually use if any?

Do you every feel dizzy or unbalanced?

When was the last time you went for a walk outside your house?

Was there someone with you to help out if necessary?.....

Do you do stairs as part of your everyday activity?

Have you been unwell recently or had a recent change in medication?

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On a scale of 1-10 how keen are you to go for a walk outside?

THINGS TO BE NOTED BY ASSESSOR

Is the client's footwear adequate?

Is the client able to stand from their usual chair unaided?

Are there steps to negotiate when leaving/entering the property?.....

If so, is there an adequate rail?

In a few words state your impression of the client's walking ability.

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Is there any recent background information provided by neighbours or relative regarding the client's mobility?

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