

Lying to sitting

Independent	2
Needs help of 1 person	1
Needs help of 2 people	0

Sitting to lying

Independent	2
Needs help of 1 person	1
Needs help of 2 people	0

Sit to stand

Independent in under 3 seconds	3
Independent in over 3 seconds	2
Needs help of 1 person (verbal or physical)	1
Needs help of 2+ people	0

Stand

Stands without support* and able to reach	3
Stands without support* but needs support to reach	2
Stands but needs support*	1
Stands only with physical support (i.e. help of another person)	0

*Support means needs to use upper limbs to steady self.

<i>Gait</i>		<i>Timed walk (6 m)</i>	
Independent (including use of sticks)	3	Under 15 s	3
Independent with frame	2	16–30 s	2
Mobile with walking aid but erratic/unsafe turning (needs occasional supervision)	1	Over 30 s	1
Needs physical help to walk or constant supervision	0	Unable to cover 6 m	0
		<i>Functional reach</i>	
		Over 16 cm	4
		8–16 cm	2
		Under 8 cm or unable	0