Resident Mobility Assessment Form

Resident's Name: _____

Age: _____

Remember: let the resident initially attempt these tasks <u>on their own.</u>

Area Assessed	Interpretation			Comments
General Mental Awareness	☐ **Fully Aware/ Low Risk** -able to follow instructions and communicate; will provide assistance in completing mobility technique	☐ **Moderately Aware/ Medium Risk** -maybe fearful and tentative; will provide assistance with direction and cues.	☐ **Minimally Aware/ High Risk** -unable to understand questions or correctly answer questions. Uncooperative during the question process.	
maintain continual awareness of extremity control on the following tasks				
1. Bed Mobility				
Task 1: Roll from Side to Side	☐ **Full Function/ Low Risk** -independent and follows directions	☒ **Moderate Function/ Medium Risk** -difficulties rolling and requires verbal cues and/or physical assistance	☐ **Low Function/ High Risk** -unable to complete task without assistance and/or unable to follow directions	
Task 2: Bridging	☐ **Full Function/ Low Risk** -able to complete and follow instructions	☐ **Moderate Function/ Medium Risk** -difficulties recruiting muscle groups and requires verbal cues	☐ **Low Function/ Medium Risk** -unable to complete task without assistance and/or unable to follow directions	
Task 3: Sliding up the Bed	☐ **Full Function/ Low Risk** -able to slide up and down, and follow instructions	☐ **Moderate Function/ Medium Risk** - difficulties recruiting muscle groups and requires verbal cues	☐ **Low Function/ High Risk** -unable to complete task without assistance and/or unable to follow directions	
2. Supine to Sitting Unsupported	☐ **Full Function/ Low Risk** -able to sit up on the side of bed, sit unsupported and follow instructions	☐ **Moderate Function/ Medium Risk** - difficulties getting into and maintaining position at side of bed, may reach for assessor, requires some assistance and verbal cues	☐ **Low Function/ High Risk** - unable to complete task or maintain position without assistance and/or unable to follow directions	

3. Sitting to Standing	☐ **Full Function/ Low Risk** -able to stand with no assistance and follow directions	☐ **Moderate Function/ Medium Risk** - difficulties going into standing, may reach for assessor, unable to recruit legs and torso properly, requires some assistance and verbal cues	☒ **Low Function/ High Risk** -unable to go into standing &/or unable to follow directions	
4. Standing Unsupported	☐ **Full Function/ Low Risk** -able to maintain position with no assistance and follow instructions	☐ **Moderate Function/ Medium Risk** - difficulties maintaining position, may reach for assessor, requires some assistance and verbal cues	☐ **Low Function/ High Risk** -unable to maintain position &/or unable to follow directions	
5. Transfer	☐ **Full Function/ Low Risk** -able to transfer with no assistance and follow instructions	☐ **Moderate Function/ Medium Risk** -difficulties transferring to the destination, may reach for assessor or the destination, requires some assistance and verbal cues	☐ **Low Function/ High Risk** -unable to complete transfer &/or unable to follow directions	

Mobility Technique Recommendations

Mobility Technique		Comments
☐	**Independent**	
☐	**One Person Assist**	
☐	**Two Person Assist**	
☐	**Mechanical Lift**	