





## Mobility Assessment Tool (MAT) - Monitoring Form

Name:										DOB:										Start Date:												
Address:										End Date:																						
	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	Time of call																															
<b>Level 1</b> 	AM																															
	Lunch																															
	Tea																															
	Night																															
<b>Level 2</b> 	AM																															
	Lunch																															
	Tea																															
	Night																															
<b>Level 3</b> 	AM																															
	Lunch																															
	Tea																															
	Night																															
<b>Level 4</b> 	AM																															
	Lunch																															
	Tea																															
	Night																															
<b>Summary/Notes</b>																																

## Mobility Assessment Tool (MAT) with mobility scores

### Assessment Level 1

#### Sit and shake

1. From a semi-recline seated position, ask the person to sit up from the bed or chair. From a bed ask them to rotate to a sitting position at the side of the bed (bed rail and Back rest can be used to assist).
2. Ask the person to reach out and shake your hand, making sure they cross the mid-line.



**Fail:** The person is **unable** to perform tasks

The person is **MOBILITY LEVEL 1**

= Hoist and full body sling for transfers or bed rest

**Pass:** The person is able to perform tasks

**Proceed to Assessment Level 2**

### Assessment Level 2

#### Stretch & point, initiate stand & grip

From a seated position where the feet are flat on the floor, so the knees are no higher than the hips. Ask the person to:

1. Stretch one leg and straighten the knee.
2. Initiate a stand
3. Grip with at least one hand.
4. Bend the ankle flex and point the toes.
5. Repeat with the other leg if possible.
6. Weight bear through at least one leg



**Fail:** The person is **unable** to perform tasks

The person is **MOBILITY LEVEL 1**

= Hoist and full body sling for transfers or bed rest

**Pass:** The person is able to perform tasks

**Proceed to Assessment Level 3**

### Assessment Level 3

#### Stand

1. Ask the person to push or pull up from the chair/bed and raise their buttocks to initiate the stand and rise to the standing position and hold for at least one-minute.

(The individuals walking aid may be used once in standing)



**Fail:** The person is **unable** to perform the task.

The person is **MOBILITY LEVEL 2**

=Mini Lift with thoracic sling or thoracic sling with seated support or similar

**Pass:** The person is able to demonstrate standing ability for at least one minute.

**Proceed to Assessment Level 4**

### Assessment Level 4

#### Walk

Ask the person to push or pull up from the chair/bed and raise their buttocks to initiate the stand and rise to the standing position and hold for at least one-minute.

2. Ask the person to march on the spot.
3. Ask the person to step forward and back.

(Walking frames/sticks/crutches can be used to support)



**Fail:** The person is unable to perform the tasks

The person is **MOBILITY LEVEL 3**









= Return, Raiser or similar

**Pass:** The person is able to perform the tasks

The person is **MOBILITY LEVEL 4**

= Independent with or without a walking aid

## MOBILITY LEVELS AND TYPES OF EQUIPMENT

<p><b>Mobility level 1</b></p> <p><b>Dependent person</b></p> <p>This person is:</p> <ul style="list-style-type: none"> <li>• Unable to sit unaided</li> <li>• Unable to reach across the midline</li> </ul>		<p>Hoist &amp; slings</p> <p>Inbed sheets</p>	
<p><b>Mobility level 2</b></p> <p><b>Moderately dependent person</b></p> <p>This person is:</p> <ul style="list-style-type: none"> <li>• Able to sit unaided</li> <li>• Able to reach across the midline</li> <li>• Able to grip with at least one hand</li> <li>• Able to do a straight leg raise</li> <li>• Able to initiate a stand</li> </ul>		<p>Active hoist and Thorax sling</p> <p>With or without seated support</p>	
<p><b>Mobility level 3</b></p> <p><b>Minimal assistance required.</b></p> <p>This person is:</p> <ul style="list-style-type: none"> <li>• Able to sit unaided</li> <li>• Able to reach across the midline</li> <li>• Able to grip with at least one hand</li> <li>• Able to do a straight leg raise</li> <li>• Able to initiate and rise to stand</li> <li>• Able to Maintain a stand for at least a minute</li> </ul>		<p>Return, Raiser and belt or similar</p>	
<p><b>Mobility level 4</b></p> <p><b>Independent person</b></p> <p>This person is:</p> <ul style="list-style-type: none"> <li>• Able to sit unaided</li> <li>• Able to reach across the midline</li> <li>• Able to grip with at least one hand</li> <li>• Able to do a straight leg raise</li> <li>• Able to initiate and rise to stand</li> <li>• Able to Maintain a stand for at least one minute</li> <li>• Able to step forward and back and march on the spot</li> </ul>		<p>Walking frame/stick if required</p>	

## Assessing individuals

Assessing each person as an individual is vital ensuring it is person-centred

This is only one tool to aid with the overall risk assessment process, the individual's cognition and safety must be considered at all times.

A person who is unable to follow instructions may not be able to complete the assigned task, an example may be.

### An individual living with dementia

- They may not be able to understand that you want them to stand for one minute, you may pass them their jacket, ask them to come with you for a cup of tea. This will establish if they can stand.
- They may kick a ball placed in front of them instead of doing a straight leg raise.
- They may reach across their midline for an object as opposed to shaking their hands

### You may have concerns about the individual using a certain piece of equipment

Concerns about the person stepping off the manual or mechanical stand aid

- Explore does the equipment have a calf or ankle restraint that will prevent this
- Consider is the individual safe to be moved on the equipment at that moment in time

### You may observe the individual's mobility levels will fluctuate at different times of the day

- Consider ordering the equipment that will suit the person's needs as the equipment can fluctuate between different times of the day.
- An example could be the individual may fatigue during the day and require a manual stand aid for most of the day but in the evening requires hoisting

### Therapeutic Handling

- Consider can the equipment be utilised to carryout standing practice or working on the individual's core stability
- You may not require the same amount of time to carryout standing practice of one minute, example you may be standing just for ten seconds. Therefore, you not be carrying out a transfer merely a stand.
- You may use the Return and Minilift with the strap on its longest setting to enable to Individual to stand independently.
  - Use the tool to mark progress and measure variability throughout the day and determine the appropriate intervention
- Use the tool to measure the KPI's and outputs of your service

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