

INSTRUCTIONS FOR AIG CHAIR STAND TEST

Read through both pages completely before you meet with the applicant.

Overview

- ✓ The applicant will be required to rise 5 times from a sitting position in a chair without using their hands.
- ✓ The total amount of time it takes to do the chair rises will be timed (in seconds).
- ✓ The **most important** thing is **safety** of the applicant as you conduct this test. Stop the test at any time if you have a concern that the applicant is not stable or you think they may be likely to fall.

Setup

- ✓ Find a sturdy / firm / stable straight back chair, preferably one without arms. Do not use a chair with wheels or one that will otherwise slide. Do not use a chair with soft seat cushions.
- ✓ Make sure the area around the chair is clear of all obstacles.

Preparing the applicant - *Prior to the test, advise the applicant of the following:*

- ✓ The applicant is to sit in the chair, fold their arms in front of them across their chest and place their feet flat on the ground. If they cannot reach the ground, a lower chair should be found.
- ✓ The applicant is to rise from the chair to a standing position 5 times without using their hands.
- ✓ You will count out loud each time the applicant reaches a fully standing position.
- ✓ Have the applicant rise from the chair once for practice without timing them. If you think the applicant may have trouble with their balance, do not have them complete the test.
- ✓ The applicant can quit at any time if they are not comfortable for any reason.

Recording the time

- ✓ The result is the exact number of seconds required to rise from a sitting position 5 times.
- ✓ Begin timing as they start to rise the first time and end when they are standing the fifth time.
- ✓ **Accuracy in timing is critical.** Even one second can make a difference in the final assessment.
- ✓ Comments are only required if the applicant had problems completing the test for any reason.

Exceptions - *Do not do the test in any of the following situations and then record the reason in the comment section of the Time Sheet:*

- ✓ You are at all concerned that the applicant cannot safely complete the test.
- ✓ The applicant cannot perform the test or is unwilling to do so.
- ✓ The applicant is confined to a wheelchair, has mobility problems or has any other problems with their knees, not enabling them to rise from a chair.
- ✓ The applicant does not understand the directions.
- ✓ A straight back chair (as described above) is not available.

THE STRENGTH TO BE THERE.

Procedure - *Position yourself so you can help the applicant if they stumble.*

- ✓ **Read the following to the applicant** *{Note that items in italics are not to be read.}*

This is the second short physical test that I will be conducting with you today. You are to sit in the chair as you are currently doing. Do not do what I am about to explain to you until I tell you to do so.

I will ask you to fold your arms in front of you and rise from the chair without using your arms or hands for support. You will do this once for practice and to make sure that we are both comfortable with you continuing on to the test.

For the test, I will ask you to rise from the chair 5 times and I will time how long it takes you to rise from the chair 5 times. I will count for you each time you complete a rise so that you know how many times you have done it. The test will be over when you have risen for the 5th time. Do you understand these directions? *{Make sure that you receive an affirmative response.}*

If at any time during the test, you feel uncomfortable, dizzy or like you are going to fall, let me know and we will stop the test. Do you have any questions or concerns before we begin? *{Answer any questions. If there are concerns about their ability to do this test, do not continue with the test. Instead document why the test was not performed in the comment section of the Time Sheet. **The applicant's safety is most important.** After they understand what is expected, continue.}*

Ok, let's try a practice rise. Fold your arms across your chest and stand up whenever you are ready. *{After observing this rise, if you believe the applicant will have difficulty doing the test, do not have them do it. Instead, record your concerns in the comment section of the Time Sheet.}*

{After they are standing:} **How was that? Are you ready to continue with the test? Do you have any other questions before we begin?**

{Once you both are comfortable that the test can be completed, continue with:} **When I say "begin", I want you to rise from your chair, sit back down and rise again. You will rise 5 times in total and I will count for you each time you rise. Are you ready to begin?**

{If not:} **Let me know when you are ready to begin.**

{Once you have the ok to begin, get your watch ready. You will need to look at both your watch and observe them to make sure there are no concerns during the test. Begin when you are ready.} **Begin.**

{If the applicant takes more than 60 seconds, stop the test and thank them for trying the test}

{After rising completely the 5th time, say:} **Stop. Thank you.** *{Record the time on the Time Sheet.}*

{If the applicant had difficulty performing the test, please add any observations or other relevant comments to the comment section on the Time Sheet that you think would help us in our evaluation.}

INSTRUCTIONS FOR AIG GAIT TEST

Read through both pages completely before you meet with the applicant.

Overview

- ✓ The applicant will be required to walk an 8 foot path, pre-measured by the examiner.
- ✓ The walk will be timed (in seconds) and then the test will be repeated a second time.
- ✓ The **most important** thing is **safety** of the applicant as you conduct this test. Stop the test at any time if you have a concern that the applicant is not stable or you think they may be likely to fall.

Setup

- ✓ Create a straight 8 foot path in the applicant's home, using your tape measure as a guide.
- ✓ The path is to be level and free of obstructions and obstacles.
- ✓ You should have at least 2 additional clear feet at the end of the course to provide space so the applicant doesn't have to stop abruptly.
- ✓ Clearly mark the beginning and end of the path.

Preparing the applicant - *Prior to the test, advise the applicant of the following:*

- ✓ The applicant is allowed to use whatever assistive device is normally used for getting around (e.g. cane or walker) but not a wheelchair or motorized device. If an assistive device is used, record the type of device in the comment section of the Time Sheet.
- ✓ The test will be performed twice, and each timed result will be recorded.
- ✓ The applicant is to walk at their **normal pace** - no running!
- ✓ The applicant may take a short break between walks.
- ✓ The applicant can quit at any time if not comfortable for any reason.

Recording the time

- ✓ The result is the exact number of seconds required to walk the 8 foot course one way. Record the results in the appropriate line for each walk.
- ✓ **Accuracy in timing is critical.** Even one second can make a difference in the final assessment.
- ✓ Comments are only required if the applicant had problems completing the test for any reason (e.g., hesitation, unsteadiness, imbalance, staggers, stumbles, shuffles, etc.).

Exceptions - *Do not do the test in any of the following situations and then record the reason in the comment section of the Time Sheet:*

- ✓ You are at all concerned that the applicant cannot safely complete the test.
- ✓ The applicant cannot perform the test or is unwilling to do so.
- ✓ The applicant requires the use of a wheelchair or motorized device.
- ✓ The applicant does not understand the directions.
- ✓ You are not able to create a clear 8 foot path in the home.

THE STRENGTH TO BE THERE®

Procedure - Position yourself so you can both help the applicant if they stumble and so that you can see when they cross the finish line.

- ✓ **Read the following to the applicant** {Note that items in italics are not to be read.}

This is the first of two physical tests that I will conduct for you today. When we are both ready, I will have you walk to the end of the path that I have created. The end of the path is at the {state what is the marker for the end of the path}. You are allowed to use any non-motorized device {cane, walker, etc.} that you desire to help you walk this distance. Would you like for me to get something for you? {Get it, if necessary.}

You will be walking this path twice, taking a short break between each walk. Each walk will be timed. You should walk at your normal pace.

Don't start to walk until I instruct you to "Begin". Stop after you have crossed the end line. If after beginning the walk, you feel uncomfortable, dizzy or like you are going to fall, let me know and we will stop the test. You may stop the test at any time you feel uncomfortable. Do you understand these directions? Do you have any questions or concerns about performing this test? {Answer any questions and address any concerns. Do not force the applicant to perform the test if they are not comfortable doing so. **The applicant's safety is most important.**}

Are you ready to begin? {Check your watch and when you are ready, say:} **Begin.**

{You should observe the person as well as your watch, to make sure there are no concerns about the person's safety during the test. You should not be reading this as they are walking. When they have completed the test, have the applicant come back to the beginning point and record the first time on the Time Sheet. Make sure that you record the time prior to conducting the next test so that you don't forget it.

If the applicant takes more than 30 seconds, stop the test and thank them for trying the test.

Assuming the applicant has completed the test and returned to the beginning point, ask them if they are ready to do it again. If not, take a 1-2 minute break. If they are, begin when you are ready.

Begin.

{Record the second time on the Time Sheet.}

{If the applicant had difficulty performing the test, please add any observations or other relevant comments to the comment section on the Time Sheet that you think would help us in our evaluation.}



THE STRENGTH TO BE THERE*

Time Sheet for the AIG Gait and Chair Stand Tests

Applicant Information

Name: _____

Date of Birth: _____ Social Security Number: _____

Address (where test conducted): _____

GAIT TEST (Please read complete Instructions before performing this test. If it takes longer than 30 seconds to walk 8 feet, stop the test and provide comments below.)

Time 1 (to walk 8 feet) _____ seconds

Time 2 (to walk 8 feet) _____ seconds

If applicant had trouble completing this test, please explain: _____

CHAIR STAND TEST (Please read complete Instructions before performing this test. If it takes longer than 60 seconds to rise from a chair 5 times, stop the test and provide comments below.)

Time (to rise 5 times from a chair) _____ seconds

If applicant had trouble completing this test, please explain: _____

Examiner Information

Name: _____ Phone Number: _____

Examining Company Address: _____

I certify these tests were conducted on the _____ day of _____, 20_____ at the address above.

Signature of Examiner: _____