

# *The Timed Up & Go Test for Fall Risk Assessment*

Primary Health Care Providers are asked to assess annually all patients who are 65 years or older for falls, gait, and balance disorders using the Timed Up & Go Test.

## *The Timed Up & Go Test*

- ✓ Average of three trials.
- ✓ Patient wears regular foot wear and may use walking aid.
- ✓ Cue patient to begin - "Go."
- ✓ Begin timing when patient's bottom leaves the chair, and stop timing when bottom touches seat at the end.
- ✓ Patient rises from chair, walks three metres, turns and walks back, sits in chair at a *comfortable safe pace*.

Those patients with scores greater than 10 seconds, or who demonstrate unsteadiness performing this test, require further assessment.

