



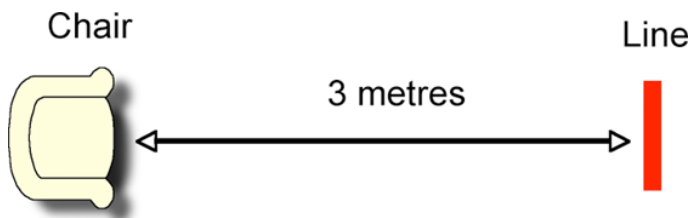
HHA Guidance – Falls Tests

Please pick only one of the following to undertake with patient:

1. **Timed up and go**
2. **180 degree turn test**
3. **Timed chair stand**

1. Timed up and go

How to perform timed up and go test



Instructions to client:

Stand up from chair, using the arms if necessary, walk to the line at your usual speed, turn at the line, return to the chair and sit down. Use your usual walking aid.

The tester should:

Demonstrate the TUAG procedure to ensure the client is aware of what to do. Using a stopwatch measure the time taken, starting when the client transfers their weight off the seat of the chair to when they return to sitting on the chair.

A TUAG taking **15 seconds or more is ABNORMAL** and indicative of increased falls risk. For people with a TUAG of 15 seconds or more, the Falls Helpline should be contacted (0203 049 5424).

2. 180 degree turn test

How to perform a 180 degree turn test

Ask the client to stand up. Ask the client to turn halfway around (through 180°). They can do this unaided or using their walking aid.

Count and record the number of steps the client takes to turn through 180°.

A 180 degree turn taking **more than 6 steps is ABNORMAL** and indicative of increased falls risk. For people taking more than 6 steps to turn 180 degrees, the Falls Helpline should be contacted (0203 049 5424).

3. Timed chair stand

How to perform a timed chair stand test

Use a straight-backed firm chair with no armrests and place it against a wall for safety. Ask the client to stand up and sit down as quickly as possible five times in a row with their arms folded.

Using a stopwatch, record in seconds the time taken to stand up and sit down five times, starting as soon as they attempt to stand.

A timed chair stand taking **more than 12 seconds is ABNORMAL** and indicative of increased falls risk. For people taking more than 12 seconds to stand up and sit down 5 times, the Falls Helpline should be contacted (0203 049 5424).