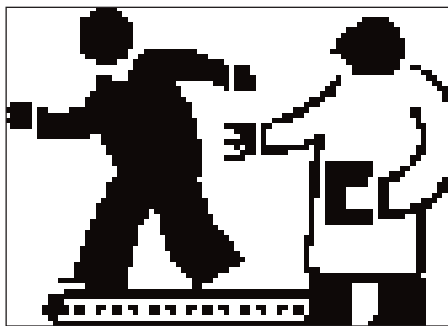


THE *TIMED UP & GO TEST* FOR FALL RISK ASSESSMENT

Doctors are asked to assess annually all patients who are 65 years or older using the *Timed Up & Go Test*.

The Timed Up & Go Test

1. Patient is in a seated position.
2. Place a visible object 8 feet away from the patient.
3. Have the patient get up and walk around the object and sit back down.



Allow them to practice once.
Then time them 3 times.

Scores greater than 8.5 seconds are associated with high fall risk in community-dwelling older adults.