



January, 2025

Please see the following **Timed Up & Go (TUG) Assessment Form (aka Get-up-and-go test)** for you and your staff. For a more detailed explanation on this assessment, please see below:

QUESTION	ANSWER
WHAT IS THIS FORM?	This Timed Up & Go (TUG) Assessment Form (aka Get-up-and-go test) can be used to document fall risk screenings for your elderly or Medicare patients.
WHY ARE WE SENDING THIS FORM?	<p>Falls are the leading cause of injury-related visits to emergency departments in the United States and the primary etiology of accidental deaths in persons over the age of 65 years. The mortality rate for falls increases dramatically with age in both sexes and in all racial and ethnic groups, with falls accounting for 70 percent of accidental deaths in persons 75 years of age and older.</p> <p>Falls can be markers of poor health and declining function, and they are often associated with significant morbidity.</p> <p>Screening patients for fall risks can help reduce ED admissions and improve patient outcomes. Recurrent falls, defined as more than two falls in a six-month period, should be evaluated for treatable causes.</p>
WHAT SHOULD YOU DO WITH THIS FORM?	This Timed Up & Go (TUG) Assessment Form (aka Get-up-and-go test) form should be used for conducting the screening and incorporated in each patients' medical record.
WHEN SHOULD YOU BEGIN USING THIS FALL RISK ASSESSMENT FORM?	We recommend <u>immediate</u> implementation.

For any questions relating to this document, please contact: info@americanchoicehealthcare.com

ASSESSMENT

Timed Up & Go (TUG)

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid, if needed. Begin by having the patient sit back in a standard arm chair and identify a line 3 meters, or 10 feet away, on the floor.

① Instruct the patient:

When I say “Go,” I want you to:

1. Stand up from the chair.
2. Walk to the line on the floor at your normal pace.
3. Turn.
4. Walk back to the chair at your normal pace.
5. Sit down again.

NOTE:

Always stay by the patient for safety.

② On the word “Go,” begin timing.

③ Stop timing after patient sits back down.

④ Record time.

Time in Seconds: _____

An older adult who takes ≥ 12 seconds to complete the TUG is at risk for falling.

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit www.cdc.gov/steadi

Patient _____

Date _____

Time _____

☐ AM ☐ PM

OBSERVATIONS

Observe the patient's postural stability, gait, stride length, and sway.

Check all that apply:

- ☐ Slow tentative pace
- ☐ Loss of balance
- ☐ Short strides
- ☐ Little or no arm swing
- ☐ Steadying self on walls
- ☐ Shuffling
- ☐ En bloc turning
- ☐ Not using assistive device properly

These changes may signify neurological problems that require further evaluation.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

202000011A

STEADI Stopping Elderly Accidents,
Deaths & Injuries