



LiFE Assessment Tool (LAT)

Name: _____

Date _____

Musculoskeletal History

circle which applies

Do you have any arthritis in your knees or hips

Y / N

Details:

If yes, which knee / hip has arthritis?

Do you have any joint replacements in your knees or hips?

Y / N

Details:

If yes, which ones do you have?

Do you get, or have you ever had bursitis or tendonitis in your leg or legs?

Y / N

Details:

Do you get or have you ever had low back pain?

Y / N

Details:

Functional Balance Questions

Do you sit or stand when dressing? If both, do you mostly sit or mostly stand?

Sit Mostly Sit Mostly Stand

Do you sit down to put on your shoes and socks?

Sit Stand

Do you sit down to put on your pants/bra or singlet

Sit Stand

Do you sit down or stand up to shower?

Sit Stand

If bath, do you sit in bottom of bath?

Sit down in bath

During your shower do you hold onto anything for support?

Yes No

How confident are you that you can get dressed without losing your balance?

Not at all confident A little confident

Fairly confident Very confident

Do you use a walking stick or walking frame?

Yes No

If yes, when do you use it?

Always When going out Varies

Are you able to step **down** a curb or gutter without assistance?

Yes No

Clemson, Munro & Fiatarone Singh

LiFE Assessment Tool: balance activities

Decreased base of support	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
1. Tandem stand	Heel-to-toe stand. Support available. Weight transferred in a forwards / backwards direction.	Tandem stand with constant support. OR Unable to perform.	Tandem stand with intermittent support.	Tandem stand with no support.	Tandem stand with no support while brushing hair OR with eyes shut.		
2. Tandem walk	Have support available. Distance walked should be approximately 1.5 metres.	Tandem walk with constant support. OR Unable to perform.	Tandem walk with intermittent support.	Tandem walk with no support.	Tandem walk with no support with eyes shut.		Record where activity is done:
3. One-leg stand	Record the leg that is least stable.	Single-leg stand with constant support. Least stable leg: Left / Right OR Unable to perform.	Single-leg stand with intermittent support. Least stable leg: Left / Right	Single-leg stand with no support. Least stable leg: Left / Right	Single-leg stand with no support while doing something else such as getting object from cupboard at shoulder height. Least stable leg: Left / Right	Single-leg stand with no support with eyes shut. Least stable leg: Left / Right	

Shifting weight and moving to the limits of stability	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
4. Leaning forwards and backwards	Stand on both feet. Lean as far as possible forward, shifting the weight onto the toes. Do not bend at the waist or neck. Aim to hold for 10 seconds.	Stand with feet shoulder-width apart; use constant support. Hold for 10 seconds. OR Unable to perform.	Stand with feet shoulder-width apart; use no support. Time position held:	Stand with feet together; use no support. Hold for 10 seconds.	Stand with feet together; use no support. Hold for 10 seconds while using a mental distractor OR hold for 10 seconds with eyes closed.		Record which mental distractor was used:
Stepping over objects	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
5. Forwards and backwards	Place an A4-size marker on the floor. The subject should step forward and then backwards over the marker. Ensure that support is available, e.g. the door frame.	Step in both directions using a support. OR Unable to perform.	Step in both directions without using support.	Step over foam block without using support.	Step over foam block without using support while doing another task such as carrying a dinner plate OR with eyes shut.		

LiFE Assessment Tool: strength activities

Bend the knees	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
6. Squatting	<p>Have support available.</p> <p>The exercise should be pain free.</p> <p>Do not aim for a full squat.</p>	<p>Partial squat with support.</p> <p>OR</p> <p>Unable to perform.</p>	<p>Partial squat with no support.</p> <p>Hold for five seconds.</p>	<p>Half squat with no support.</p> <p>Hold for five seconds. OR</p> <p>Get something from below the sink using a squat.</p>			
On your toes	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
7. Walking on toes	<p>Heels must be off the ground for entire distance walked.</p> <p>Distance should be approximately 1.5 metres.</p>	<p>Unable to perform Level 1.</p>	<p>Walk on toes using constant support.</p>	<p>Walk on toes using intermittent or no support.</p>	<p>Walk on toes using no support while doing something else such as carrying a plate with a biscuit on it.</p>	<p>Walk on toes using no support with eyes shut.</p>	<p>Record where activity done:</p>
On your heels	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
8. Walking on heels	<p>Toes must be off the ground for entire distance walked.</p> <p>Distance should be approximately 1.5 metres.</p>	<p>Unable to perform Level 1.</p>	<p>Walk on heels using constant support.</p>	<p>Walk on heels using intermittent support.</p>	<p>Walk on heels using no support while doing something else such as carrying a plate with a biscuit on it.</p>	<p>Walk on heels using no support with eyes shut.</p>	<p>Record where activity done:</p>

Sit to stand / stand to sit	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
9. Standing up from a seated position	<p>Assessor demonstrates correct technique: Sit with bottom to front of chair. Lean forward. Push up from legs. Avoid rocking. Use hand support as required.</p>	<p>Rising from standard chair with hand support. OR Unable to perform.</p>	<p>Rising from standard chair No hand support.</p>	<p>Rising from a low chair With hand support</p>	<p>Rising from a low chair slowly. No hand support Must take at least 5 seconds</p>		Record the chair used in the assessment:
Move sideways	Instructions	Level 0	Level 1	Level 2	Level 3	Level 4	Notes
10. Move sideways.	<p>Walk by stepping sideways. Support should be available. Subjects should aim to take the widest step they can safely perform. Assessor may need to demonstrate.</p>	<p>Sideways walk with steps that are shoulder-width or less apart, using support. OR Unable to perform.</p>	<p>Sideways walk with steps that are wider than shoulder-width apart, using support.</p>	<p>Sideways walk with steps that are wider than shoulder-width apart, using no support.</p>			If support is required, record where activity was assessed: