

American General

Life Companies

Time Sheet for the AGLC Gait and Chair Stand Tests (V 4.0)

Applicant Information

Name: _____

Date of Birth: _____ Social Security Number: _____

Address (where test conducted): _____

GAIT TEST (Please read complete Instructions before performing this test. If it takes longer than 20 seconds to walk 8 feet, stop the test and provide comments below.)

Time (to walk 8 feet) _____ seconds

Please indicate your observation to the following statements:

1. The applicant was able to walk the full eight feet without using an aid of any kind. Yes ☐ No ☐
2. The applicant walked at a steady pace without hesitation during the full eight feet. Yes ☐ No ☐
3. The applicant stumbled or shuffled during some or all of the eight foot walk. Yes ☐ No ☐

Please provide any other comments or observations: _____

CHAIR STAND TEST (Please read complete Instructions before performing this test. If it takes longer than 30 seconds to rise from a chair 5 times, stop the test and provide comments below.)

Time (to rise 5 times from a chair) _____ seconds

Please indicate your observation to the following statements:

1. The applicant was able to rise from the chair without assistance on all five attempts. Yes ☐ No ☐
2. The applicant needed to use their hands for balance to rise from the chair on one or more rises. Yes ☐ No ☐
3. The applicant collapsed into the chair rather than sitting one or more times. Yes ☐ No ☐

Please provide any other comments or observations: _____

Examiner Information

Name: _____ Phone Number: _____

Examining Company Address: _____

I certify these tests were conducted on the _____ day of _____, 20_____ at the address above.

Signature of Examiner: _____

INSTRUCTIONS FOR AGLC GAIT TEST (V 4.0)

Read through both pages completely before you meet with the applicant.

Overview

- ❖ The applicant will be required to walk an 8 foot path, pre-measured by the examiner.
- ❖ The walk will be timed (in seconds) and then you will be asked to respond to several questions based on your observations of the applicant.
- ❖ The **most important** thing is **safety** of the applicant as you conduct this test. Stop the test at any time if you have a concern that the applicant is not stable or you think they may be likely to fall.

Setup

- ❖ Create a straight 8 foot path in the applicant's home, using your tape measure as a guide.
- ❖ The path is to be level and free of obstructions and obstacles.
- ❖ You should have at least 2 additional clear feet at the end of the course to provide space so the applicant doesn't have to stop abruptly.
- ❖ Clearly mark the beginning and end of the path.

Preparing the applicant - *Prior to the test, advise the applicant of the following:*

- ❖ The applicant is allowed to use whatever assistive device is normally used for getting around (e.g. cane or walker) but not a wheelchair or motorized device. If an assistive device is used, record the type of device in the comment section of the Time Sheet.
- ❖ The applicant is to walk at their **normal pace** - no running!
- ❖ The applicant can quit at any time if not comfortable for any reason.

Recording the time and your observations

- ❖ The result is the exact number of seconds required to walk the 8 foot course one way.
- ❖ **Accuracy in timing is critical.** Even one second can make a difference in the final assessment.
- ❖ Record the results in the appropriate line of the Time Sheet before answering the questions about the walk.

Exceptions - *Do not do the test in any of the following situations and then record the reason in the comment section of the Time Sheet:*

- ❖ You are at all concerned that the applicant cannot safely complete the test.
- ❖ The applicant cannot perform the test or is unwilling to do so.
- ❖ The applicant requires the use of a wheelchair or motorized device.
- ❖ The applicant does not understand the directions.
- ❖ You are not able to create a clear 8 foot path in the home.

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Procedure - Position yourself so you can both help the applicant if they stumble and so that you can see when they cross the finish line.

❖ **Read the following to the applicant** *{Note that items in italics are not to be read.}*

This is the first of two physical tests that I will conduct for you today. When we are both ready, I will have you walk to the end of the path that I have created. The end of the path is at the *{state what is the marker for the end of the path}*. You are allowed to use any non-motorized device *{cane, walker, etc.}* that you desire to help you walk this distance. Would you like for me to get something for you? *{Get it, if necessary.}*

You will be timed as you walk this path. You should walk at your normal pace.

Don't start to walk until I instruct you to "Begin". Stop after you have crossed the end of the path. If after beginning the walk, you feel uncomfortable, dizzy or like you are going to fall, let me know and we will stop the test. You may stop the test at any time you feel uncomfortable. Do you understand these directions? Do you have any questions or concerns about performing this test? *{Answer any questions and address any concerns. Do not force the applicant to perform the test if they are not comfortable doing so. **The applicant's safety is most important.**}*

Are you ready to begin? *{Check your watch and when you are ready, say:}* **Begin.**

{You should observe the person as well as your watch, to make sure there are no concerns about the person's safety during the test and to be able to answer the questions on the Time Sheet. You should not be reading this as they are walking. After the applicant has completed the test, record the time on the Time Sheet so that you don't forget it prior to answering the questions. Please record the time and your observations as accurately as possible. You may want to look at the questions prior to conducting the test.}

INSTRUCTIONS FOR AGLC CHAIR STAND TEST (V 4.0)

Read through both pages completely before you meet with the applicant.

Overview

- ❖ The applicant will be required to rise 5 times from a sitting position in a chair without using their hands.
- ❖ The total amount of time it takes to do the chair rises will be timed (in seconds).
- ❖ The **most important** thing is **safety** of the applicant as you conduct this test. Stop the test at any time if you have a concern that the applicant is not stable or you think they may be likely to fall.

Setup

- ❖ Find a sturdy / firm / stable straight back chair, preferably one without arms. Do not use a chair with wheels or one that will otherwise slide. Do not use a chair with soft seat cushions.
- ❖ Make sure the area around the chair is clear of all obstacles.

Preparing the applicant - *Prior to the test, advise the applicant of the following:*

- ❖ The applicant is to sit in the chair, fold their arms in front of them across their chest and place their feet flat on the ground. If they cannot reach the ground, a lower chair should be found.
- ❖ The applicant is to rise from the chair to a standing position 5 times without using their hands.
- ❖ You will count out loud each time the applicant reaches a fully standing position.
- ❖ Have the applicant rise from the chair once for practice without timing them. If you think the applicant may have trouble with their balance, do not have them complete the test.
- ❖ The applicant can quit at any time if they are not comfortable for any reason.

Recording the time and your observations

- ❖ The result is the exact number of seconds required to rise from a sitting position 5 times.
- ❖ Begin timing as they start to rise the first time and end when they are standing the fifth time.
- ❖ **Accuracy in timing is critical.** Even one second can make a difference in the final assessment.
- ❖ Record the results in the appropriate line of the Time Sheet before answering the questions about the Chair Stand.

Exceptions - *Do not do the test in any of the following situations and then record the reason in the comment section of the Time Sheet:*

- ❖ You are at all concerned that the applicant cannot safely complete the test.
- ❖ The applicant cannot perform the test or is unwilling to do so.
- ❖ The applicant is confined to a wheelchair, has mobility problems or has any other problems with their knees, not enabling them to rise from a chair.
- ❖ The applicant does not understand the directions.
- ❖ A straight back chair (as described above) is not available.

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Procedure - *Position yourself so you can help the applicant if they stumble.*

❖ **Read the following to the applicant** *{Note that items in italics are not to be read.}*

This is the second short physical test that I will be conducting with you today. You are to sit in the chair as you are currently doing. Do not do what I am about to explain to you until I tell you to do so.

I will ask you to fold your arms in front of you and rise from the chair without using your arms or hands for support. You will do this once for practice and to make sure that we are both comfortable with you continuing on to the test.

For the test, I will ask you to rise from the chair 5 times and I will time how long it takes you to rise from the chair 5 times. I will count for you each time you complete a rise so that you know how many times you have done it. The test will be over when you have risen for the 5th time. Do you understand these directions? *{Make sure that you receive an affirmative response.}*

If at any time during the test, you feel uncomfortable, dizzy or like you are going to fall, let me know and we will stop the test. Do you have any questions or concerns before we begin?
*{Answer any questions. If there are concerns about their ability to do this test, do not continue with the test. Instead document why the test was not performed in the comment section of the Time Sheet. **The applicant's safety is most important.** After they understand what is expected, continue.}*

Ok, let's try a practice rise. Fold your arms across your chest and stand up whenever you are ready. *{After observing this rise, if you believe the applicant will have difficulty doing the test, do not have them do it. Instead, record your concerns in the comment section of the Time Sheet.}*

{After they are standing:} **How was that? Are you ready to continue with the test? Do you have any other questions before we begin?**

{Once you both are comfortable that the test can be completed, continue with:} **When I say "begin", I want you to rise from your chair, sit back down and rise again. You will rise 5 times in total and I will count for you each time you rise. Are you ready to begin?**

{If not:} **Let me know when you are ready to begin.**

{Once you have the ok to begin, get your watch ready. You will need to look at both your watch and observe them to make sure there are no concerns during the test. Begin when you are ready.} **Begin.**

{If the applicant takes more than 60 seconds, stop the test and thank them for trying the test}

{After rising completely the 5th time, say:} **Stop. Thank you.** *{You should observe the person as well as your watch, to make sure there are no concerns about the person's safety during the test and to be able to answer the questions on the Time Sheet. You should not be reading this as they are performing the test. After the applicant has completed the test, record the time on the Time Sheet so that you don't forget it prior to answering the questions. Please record the time and your observations as accurately as possible. You may want to look at the questions prior to conducting the test.}*