



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

American General Life Insurance Company

### 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. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. The applicant walked at a steady pace without hesitation during the full eight feet. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. The applicant stumbled or shuffled during some or all of the eight foot walk.        | <input type="checkbox"/> Yes | <input type="checkbox"/> 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.           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. The applicant needed to use their hands for balance to rise from the chair on one or more rises. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. The applicant collapsed into the chair rather than sitting one or more times.                    | <input type="checkbox"/> Yes | <input type="checkbox"/> 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: \_\_\_\_\_





### American General Life Insurance Company

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.



**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.}* **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.}*

