

Name of Instrument: **Timed Get-Up and Go Test**

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**Privacy Use Cost:** \$

**Public Use Cost:** \$

**Year Developed:** 1991

**Where to obtain Instrument:**

- Contact author
- Other: [www.arom.com](http://www.arom.com)

**Description of the Instrument**

- Using the modified timed version of the test to assess basic mobility skills and/or functional maneuvers in the elderly.
- Participants are timed in seconds, starting from a seated position, to stand up, walk 3 meters, turn, walk back, and sit down again.
- Participants, who took less than 20 seconds to complete the test, were independently mobile of basic transfers—tub or shower transfers, climb stairs or go outside alone.
- In comparison, those who took 30 seconds or more, were dependent on help for basic transfers; none could go out alone.
- The performance is rated on a scale of 1 to 5, according to the observer's perception of patient's risk of falling.

**Form of instrument:**

- Hazard/Risk Assessment Tools

**Method of delivery:**

- In-person interview/assessment

**Relevance to injury/ Percentage of the instrument specific to injury**

- To assess risk of falling in the elderly.

**Time to administer or complete the instrument**

- Only minutes to administer the test.

**Methods of data analyses:**

- Quantitative

**Setting/sample instrument used in:**

- 60 consecutive patients referred from the community to the Geriatric Day Hospital at the Royal Victoria Hospital, Montreal.

**Was it pilot tested?** No

**Pilot test sample:****Reliability Measures**

- Intraclass correlation coefficient for intra- and inter-rater reliability were 0.98 and 0.99, respectively
- The timed Up & Go score correlates with the patients balance, gait speed, and functional capacity; for Berg Balance Scale ( $r=-0.72$ ); gait speed ( $r= -0.55$ ); and Barthel Index of ADL ( $r=-0.51$ ).
- These correlations become even stronger when the Balance, Gait Speed, and Barthel Index Scores are log-transformed ( $r=-0.81$ ,  $-0.61$ , and  $-0.78$ , respectively), indicating a curvilinear relationship.

**Validity Measures****Reference**

Podsiadlo, D., & Richardson, S. (1991). The timed “up & go”: A test of basic functional Mobility for frail elderly persons. Journal of the American Geriatrics Society, 39(2), 142-148.

**Other References**

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**Keywords:** assessment, mobility, elderly, seniors, risk, falls.