

Affix SP ID Label

Date:   /   / 2 0 1   
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Interviewer ID: N H A T

# National Health and Aging Trends Study

## Activities Booklet



## ACTIVITIES TO SET UP AND DEMONSTRATE

Transfer information from laptop screen. Mark administration for each activity "YES" or "NO" and copy to the administration box on the page listed for each activity.

ACTIVITY	ADMINISTER		PAGE
1. BALANCE STANDS	<input type="checkbox"/> YES	<input type="checkbox"/> NO	4
2. WALKING COURSE	<input type="checkbox"/> YES	<input type="checkbox"/> NO	16
			
	<input type="checkbox"/> WA3a. Doesn't use cane/walker around home	} 17	17
	<input type="checkbox"/> WA3b. Sometimes uses cane/walker around home		
	<input type="checkbox"/> WA3c. Always uses cane/walker around home		
3. CHAIR STANDS	<input type="checkbox"/> YES	<input type="checkbox"/> NO	22
4. GRIP STRENGTH	<input type="checkbox"/> YES <b>RIGHT</b>	<input type="checkbox"/> NO	28
	<input type="checkbox"/> YES <b>LEFT</b>		
5. WAIST CIRCUMFERENCE	YES		34
6. PEAK AIR FLOW	YES		38



## GENERAL INSTRUCTIONS

- *Administer activities in the order presented in booklet*
- *Read/say **bold blue text** to SP EXACTLY as written*
- *Check that SP is wearing appropriate shoes (tennis shoes or shoes with less than 1-inch heels, but not slippers). If not, request SP to change shoes or put shoes on*
- *Check lighting to see if adequate for SP to see. If not, ask if there is a light you can turn on*
- *Identify place for SP to sit while watching you demonstrate activities*



## GENERAL INSTRUCTIONS

Record start time:

<input type="text"/>	<input type="text"/>	:	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> AM
<input type="text"/>	<input type="text"/>	:	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> PM
HRS			MINS		

Now I would like to ask you to try to perform a few simple movements, that is to move your body in different ways.

For each movement, I will first describe it and show it to you. Then I'd like you to try to do it.

If you feel it would be unsafe to try it, tell me, and we'll move on to the next one.

Do you have any questions before we begin?



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# BALANCE STANDS

*Balance Stands Administration:*

BA1

YES



NO

GO TO WALKING COURSE p.16



- *Clear space for balance stands activity*
- *Get out stopwatch*



## SIDE BY SIDE STAND

- Reset stopwatch to 0:00'00"00

Now I'll show you the first movement.

- Demonstrate with inside edges of your feet touching at the heels and toes



I want you to try to stand with your feet together, side-by-side, for about 10 seconds. You may use your arms, bend your knees, or move your body in order to keep your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Do you think it would be safe to try this?

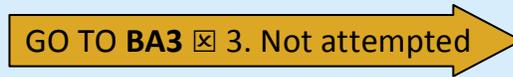
BA2

YES



NO

GO TO BA3 ☒ 3. Not attempted



Help SP into position:

- Support SP's elbow with one hand while standing slightly behind and to the side
- Hold stopwatch behind SP's back
- Check SP's feet position

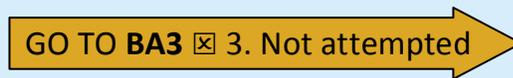
Are you ready?

YES



NO

GO TO BA3 ☒ 3. Not attempted



Ready, begin.

- Start stopwatch
- Remove support hand
- Step back half a step. Keep your hands near SP's elbow and back

After 10 seconds if SP is still holding position, say:

Stop.



# SIDE BY SIDE STAND — RESULTS

		BA3
<input type="checkbox"/> 1. COMPLETED, HELD FOR 10 SEC	<input type="checkbox"/> 2. ATTEMPTED, NOT HELD FOR 10 SEC	<input type="checkbox"/> 3. NOT ATTEMPTED
		BA5
 <b>SEMI-TANDEM</b> Next Page	<div style="text-align: right;">BA4</div> <p><b>Time held:</b></p>  <p style="text-align: center;">SECS    1/100</p> <div style="text-align: center; border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">       GO TO  <b>WALKING COURSE p.16</b> </div>	<p><b>Reasons not attempted:</b>  <u>Mark all that apply</u></p> <p><input type="checkbox"/> 1. SP felt unsafe</p> <p><input type="checkbox"/> 2. Proxy felt unsafe for SP</p> <p><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</p> <p><input type="checkbox"/> 4. SP unable to understand directions</p> <p><input type="checkbox"/> 9. Other, specify:</p> <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <div style="text-align: center; margin-top: 20px;"> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">           GO TO  <b>WALKING COURSE p.16</b> </div> </div>

## SEMI-TANDEM STAND

➤ Reset stopwatch to 0:00'00"00

Now I'll show you the second movement.

➤ Demonstrate with inside edge of one foot touching the big toe of the other



I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.

You may use your arms, bend your knees, or move your body in order to keep your balance, but try not to move your feet. Again, try to hold this position until I tell you to stop.

Do you think it would be safe to try this?

BA6

YES



NO

GO TO BA7 ☒ 3. Not attempted



Help SP into position:

- Support SP's elbow with one hand while standing slightly behind and to the side
- Hold stopwatch behind SP's back
- Check SP's feet position

Are you ready?

YES



NO

GO TO BA7 ☒ 3. Not attempted



Ready, begin.

- Start stopwatch
- Remove support hand
- Step back half a step. Keep your hands near SP's elbow and back

After 10 seconds if SP is still holding position, say:

Stop.



# SEMI-TANDEM STAND — RESULTS

		BA7
<input type="checkbox"/> 1. COMPLETED, HELD FOR 10 SEC	<input type="checkbox"/> 2. ATTEMPTED, NOT HELD FOR 10 SEC	<input type="checkbox"/> 3. NOT ATTEMPTED
		BA9
 <b>FULL TANDEM</b> Next Page	Time held:  SECS 1/100 	Reasons not attempted: <u>Mark all that apply</u> <input type="checkbox"/> 1. SP felt unsafe <input type="checkbox"/> 2. Proxy felt unsafe for SP <input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support <input type="checkbox"/> 4. SP unable to understand directions <input type="checkbox"/> 9. Other, specify: <div style="border: 1px solid black; height: 60px; width: 100%;"></div> 



## FULL TANDEM STAND

➤ Reset stopwatch to 0:00'00"00

Now I'll show you the third movement.

➤ Demonstrate with heel of one foot in front of and touching toes of the other



I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you.

You may use your arms, bend your knees, or move your body in order to keep your balance, but try not to move your feet. Try to hold this position until I tell you to stop.

Do you think it would be safe to try this?

BA10

YES



NO

GO TO BA11 ☒ 3. Not attempted



Help SP into position:

- Support SP's elbow with one hand while standing slightly behind and to the side
- Hold stopwatch behind SP's back
- Check SP's feet position

Are you ready?

YES



NO

GO TO BA11 ☒ 3. Not attempted



Ready, begin.

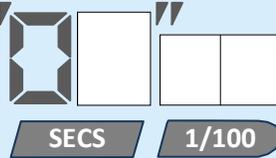
- Start stopwatch
- Remove support hand
- Step back half a step. Keep your hands near SP's elbow and back

After 10 seconds if SP is still holding position, say:

Stop.



# FULL TANDEM STAND — RESULTS

BA11		
<input type="checkbox"/> 1. COMPLETED, HELD FOR 10 SEC	<input type="checkbox"/> 2. ATTEMPTED, NOT HELD FOR 10 SEC	<input type="checkbox"/> 3. NOT ATTEMPTED
BA12		BA13
 <b>ONE LEG EYES OPEN</b> Next Page	<p><b>Time held:</b></p>  <p>GO TO  <b>WALKING COURSE p.16</b></p>	<p><b>Reasons not attempted:</b>  <u>Mark all that apply</u></p> <p><input type="checkbox"/> 1. SP felt unsafe</p> <p><input type="checkbox"/> 2. Proxy felt unsafe for SP</p> <p><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</p> <p><input type="checkbox"/> 4. SP unable to understand directions</p> <p><input type="checkbox"/> 9. Other, specify:</p> <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <p>GO TO  <b>WALKING COURSE p.16</b></p>



## ONE LEG STAND EYES OPEN

- Reset stopwatch to 0:00'00"00

Now I'll show you the fourth movement.



- Demonstrate with one leg raised a few inches off the ground

I want you to try to stand on one leg, whichever one you want, and raise the other leg off the ground a few inches. Stand for as long as you can. I will stop you at 30 seconds.

You may use your arms, bend your knees, or move your body to keep your balance. Try not to move the foot on which you are standing and try not to let your legs touch each other. Try to hold this position until I tell you to stop. If you feel you are losing your balance take a step. I'll hold you up until you feel stable.

Do you think it would be safe to try this?

BA14

YES 

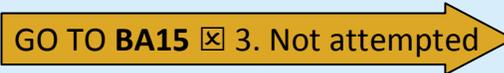
NO 

Help SP into position:

- Support SP's elbow with one hand while standing slightly behind and to the side
- Hold stopwatch behind SP's back
- Check SP's feet position: 1 foot raised

Are you ready?

YES 

NO 

Ready, begin.

- Start stopwatch
- Remove support hand
- Step back half a step. Keep your hands near SP's elbow and back

After 30 seconds if SP is still holding position, say:

Stop.

# ONE LEG STAND EYES OPEN — RESULTS

BA15		
<input type="checkbox"/> 1. COMPLETED, HELD FOR 30 SEC	<input type="checkbox"/> 2. ATTEMPTED, NOT HELD FOR 30 SEC	<input type="checkbox"/> 3. NOT ATTEMPTED
BA16		BA17
 <b>ONE LEG EYES CLOSED</b> Next Page	<p><b>Time held:</b></p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="font-size: 20px; margin: 0 5px;">/</div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px;"></div> </div> <div style="display: flex; justify-content: center; margin-top: 5px;"> <div style="background-color: #ccc; padding: 2px 5px; margin-right: 10px;">SECS</div> <div style="background-color: #ccc; padding: 2px 5px;">1/100</div> </div> <div style="text-align: center; margin-top: 20px;">  <p>GO TO WALKING COURSE p.16</p> </div>	<p><b>Reasons not attempted:</b> <u>Mark all that apply</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. SP felt unsafe</li> <li><input type="checkbox"/> 2. Proxy felt unsafe for SP</li> <li><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</li> <li><input type="checkbox"/> 4. SP unable to understand directions</li> <li><input type="checkbox"/> 9. Other, specify:</li> </ul> <div style="border: 1px solid black; height: 60px; width: 100%; margin-top: 5px;"></div> <div style="text-align: center; margin-top: 20px;">  <p>GO TO WALKING COURSE p.16</p> </div>



## ONE LEG STAND EYES CLOSED

➤ Reset stopwatch to 0:00'00"00

Now I'll show you the last of these movements.



➤ Demonstrate with eyes closed and one leg raised a few inches off the ground

This time I want you to close your eyes and try to stand on one leg, whichever one you want, and raise the other leg off the ground a few inches. Stand for as long as you can. I will stop you at 30 seconds.

You may use your arms, bend your knees, or move your body to keep your balance. Try not to move the foot on which you are standing and try not to let your legs touch each other. Try to hold this position until I tell you to stop. If you feel you are losing your balance take a step. I'll hold you up until you feel stable.

Do you think it would be safe to try this?

BA18

YES



NO

GO TO BA19 ☒ 3. Not attempted

Please close your eyes. When you are ready, lift one leg off the ground a few inches. I will not let go until you say you are ready.

Help SP into position:

- Support SP's elbow with one hand while standing slightly behind and to the side
- Hold stopwatch behind SP's back
- Check SP's feet position: 1 foot raised and eyes closed

Are you ready?

YES



NO

GO TO BA19 ☒ 3. Not attempted

Ready, begin.

- Start stopwatch
- Remove support hand
- Step back half a step. Keep your hands near SP's elbow and back

After 30 seconds if SP is still holding position, say:

Stop.



# ONE LEG STAND EYES CLOSED — RESULTS

BA19		
<input type="checkbox"/> 1. COMPLETED, HELD FOR 30 SEC	<input type="checkbox"/> 2. ATTEMPTED, NOT HELD FOR 30 SEC	<input type="checkbox"/> 3. NOT ATTEMPTED
BA20		BA21
 <b>WALKING COURSE</b> Next Page	<p><b>Time held:</b></p> <div style="display: flex; justify-content: center; align-items: center;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin-right: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px;"></div> </div> <div style="display: flex; justify-content: center; margin-top: 5px;"> <div style="background-color: #ccc; padding: 2px 5px; margin-right: 10px;">SECS</div> <div style="background-color: #ccc; padding: 2px 5px;">1/100</div> </div> <p style="text-align: center; margin-top: 20px;">   <b>WALKING COURSE</b>                  Next Page             </p>	<p><b>Reasons not attempted:</b> <u>Mark all that apply</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. SP felt unsafe</li> <li><input type="checkbox"/> 2. Proxy felt unsafe for SP</li> <li><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</li> <li><input type="checkbox"/> 4. SP unable to understand directions</li> <li><input type="checkbox"/> 9. Other, specify:</li> </ul> <div style="border: 1px solid black; height: 60px; margin-top: 10px;"></div> <p style="text-align: center; margin-top: 20px;">   <b>WALKING COURSE</b>                  Next Page             </p>



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## WALKING COURSE

Walking Course Administration:

WA1

YES



NO

GO TO CHAIR STANDS p.22



- Get out walking course chain & masking tape
- Look for appropriate space for course (16' x 3'), you may need to use a hallway or nearby room
- Find as smooth a surface as possible to lay out the course. Avoid high-pile carpet
- Do not lay course out over the edge of a rug, a throw rug, or any irregular surface
- Clear any obstacles from activity area (move small furniture, only with permission)

Is there an appropriate space to set up the walking course?

WA2

YES



NO

GO TO WA5 ☒ 3. Not attempted



- Lay out chain straight down center of course area. Tape each end to the floor
- Using an arm's length of masking tape, place tape lengths under the two colored links of chain
- Untape chain from floor, leaving only taped start and finish lines



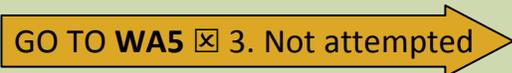
# WALKING COURSE 1

➤ *Reset stopwatch to 0:00'00"00*

This is our walking course. I want you to walk to the other end of the course at your usual speed, just as if you were walking down the street to go to the store. Walk all the way past the other end of the tape before you stop. I will walk with you.

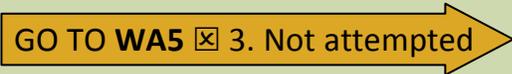


➤ *Demonstrate starting from start line and walking completely past end line*

		WA3	
WA3a	<input type="checkbox"/> <b>Do you think it would be safe to try this?</b> <input type="checkbox"/> YES  <input type="checkbox"/> NO 		
WA3b	<input type="checkbox"/> <b>Do you think it would be safe to try this <u>without</u> a cane or walker?</b> <input type="checkbox"/> YES  <input type="checkbox"/> NO 		
WA3c	<input type="checkbox"/> <b>You may use a cane or walker if you need to. Do you think it would be safe to try this?</b> <input type="checkbox"/> YES  <input type="checkbox"/> NO 		

-  *Help SP into position:*
- *Stand slightly behind and to the side*
  - *Hold stopwatch behind SP's back*
  - *Check SP's feet position: both feet on start line*

**When I want you to start, I will say "Ready, begin."**

YES 	NO 
---	---

**Ready, begin.**

- *Start stopwatch when either of SP's feet moves*
- *Walk slightly behind and to the side of SP*
- *Stop timing when one of SP's feet completely crosses end line*



# WALKING COURSE 1 — RESULTS

WA4

**Aid used:**

- 1. None
- 2. Cane
- 3. Walker or rollator
- 9. Other, specify:

WA5

- 1. COMPLETED
- 2. ATTEMPTED
- 3. NOT ATTEMPTED

WA6

WA7

**Completion time:**

SECS		1/100	



**WALKING COURSE 2**  
Next Page



**Reasons not attempted:**  
Mark all that apply

- 1. SP felt unsafe
- 2. Proxy felt unsafe for SP
- 3. You felt unsafe for SP/SP unsteady with support
- 4. SP unable to understand directions
- 5. No appropriate space
- 9. Other, specify:



## WALKING COURSE 2

- *Reset stopwatch to 0:00'00"00*

**Now I want you to repeat the walk. Remember to walk at your usual pace, and go all the way past the tape at the other end of the course.**

*Help SP into position:*

- *Stand slightly behind and to the side*
- *Hold stopwatch behind SP's back*
- *Check SP's feet position: both feet on start line*



**When I want you to start, I will say "Ready, begin."**

YES



NO

GO TO WA9 ☒ 3. Not attempted

**Ready, begin.**

- *Start stopwatch when either of SP's feet moves*
- *Walk slightly behind and to the side of SP*
- *Stop timing when one of SP's feet completely crosses end line*



# WALKING COURSE 2 — RESULTS

WA8

**Aid used:**

- 1. None
- 2. Cane
- 3. Walker or rollator
- 9. Other, specify:

WA9

<input type="checkbox"/> 1. COMPLETED	<input type="checkbox"/> 2. ATTEMPTED	<input type="checkbox"/> 3. NOT ATTEMPTED
<div style="text-align: right; border: 1px solid black; padding: 2px; font-size: small;">WA10</div> <p><b>Completion time:</b></p> <div style="display: flex; justify-content: space-around; align-items: center; margin: 10px 0;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> </div> <div style="display: flex; justify-content: space-around; margin: 5px 0;"> <div style="background-color: #808080; color: white; padding: 2px 5px; font-size: x-small;">SECS</div> <div style="background-color: #808080; color: white; padding: 2px 5px; font-size: x-small;">1/100</div> </div> <div style="text-align: center; margin: 20px 0;"> <p><b>CHAIR STANDS</b> Next Page</p> </div>	<div style="margin: 20px 0;"> <p><b>CHAIR STANDS</b> Next Page</p> </div>	<div style="text-align: right; border: 1px solid black; padding: 2px; font-size: small;">WA11</div> <p><b>Reasons not attempted:</b> <u>Mark all that apply</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. SP felt unsafe</li> <li><input type="checkbox"/> 2. Proxy felt unsafe for SP</li> <li><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</li> <li><input type="checkbox"/> 4. SP unable to understand directions</li> <li><input type="checkbox"/> 9. Other, specify:</li> </ul> <div style="border: 1px solid black; height: 60px; width: 100%; margin-top: 10px;"></div> <div style="text-align: center; margin: 20px 0;"> <p><b>CHAIR STANDS</b> Next Page</p> </div>

Walking Course

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## CHAIR STANDS

Chair Stands Administration:

CH1

YES



NO

GO TO GRIP STRENGTH p.28

- Look for appropriate chair(s) for activity (hard back and preferably no arms), you may need to look in a hallway or nearby room
- An SP in a wheelchair can use it as a chair if SP can get up from it without help

Is there an appropriate chair available?

CH2

YES



NO

GO TO CH7 ☒ 3. Not attempted

- Place chair for SP with its back against a wall or other solid vertical surface
- Get out measuring tape
- When measuring chair height, ignore plush removable cushions, and always round down to nearest inch

## SINGLE CHAIR STAND

Next I'm going to ask you to stand up, keeping your arms folded across your chest. I want you to fold your arms across your chest and sit so that your feet are on the floor. Then, I'll ask you to stand up, keeping your arms folded across your chest.

*Demonstrate standing from a seated position with your arms folded across your chest*

Do you think it would be safe to try this?

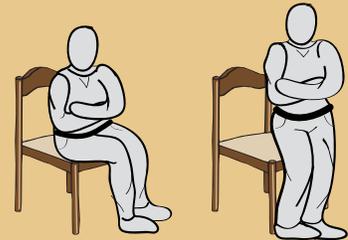
CH3

YES 

NO

GO TO CH7 ☒ 3. Not attempted 

- Check SP's chair is secure against wall
- Stand in front of SP
- Check SP's position: sitting with arms folded over chest



Are you ready?

YES 

NO

GO TO CH7 ☒ 3. Not attempted 

Stand.

CH4

NOT COMPLETED 

COMPLETED

GO TO CH5 Record chair height 

Let's try again, this time using your arms.

- Check SP's position: sitting

Are you ready?

- Confirm SP is ready

Stand.



# SINGLE CHAIR STAND — RESULT

CH5	CH6
<b>Chair Height:</b> <div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> </div> <span>INCHES</span> </div>	<input type="checkbox"/> WHEELCHAIR USED

CH7		
<input type="checkbox"/> 1. COMPLETED	<input type="checkbox"/> 2. ATTEMPTED	<input type="checkbox"/> 3. NOT ATTEMPTED
CH8		CH9
<b>Arm Use:</b> <input type="checkbox"/> 1. With arms <input type="checkbox"/> 2. Without arms  <div style="text-align: center; margin-top: 20px;"> <p><b>REPEATED CHAIR STANDS</b> Next Page</p> </div>	<div style="margin-bottom: 20px;"> </div> <div> </div>	<b>Reasons not attempted: Mark all that apply</b>  <input type="checkbox"/> 1. SP felt unsafe  <input type="checkbox"/> 2. Proxy felt unsafe for SP  <input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support  <input type="checkbox"/> 4. SP unable to understand directions  <input type="checkbox"/> 5. No appropriate chair  <input type="checkbox"/> 9. Other, specify: <div style="border: 1px solid black; height: 60px; width: 100%; margin-top: 5px;"></div> <div style="text-align: center; margin-top: 20px;"> </div>

Chair Stands

## REPEATED CHAIR STANDS

Now, I'm going to ask you to do the same movement, but this time as **QUICKLY** as you can 5 times without stopping in between. After standing up each time, sit back down and then stand up again. Remember to keep your arms folded across your chest. I will count out loud as you stand "1, 2, 3, 4, 5" and time you with a stopwatch.

➤ Demonstrate standing from a seated position with your arms folded across your chest

Do you think it would be safe to try this?

CH10

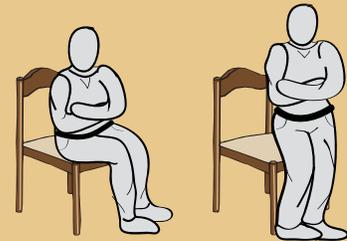
YES



NO

GO TO CH12 ☒ 3. Not attempted

- Stand in front of SP
- Reset stopwatch to 0:00'00"00.
- Check SP's position: sitting with arms folded over chest



Are you ready?

YES



NO

GO TO CH12 ☒ 3. Not attempted

Stand.

- Start stopwatch
- Count the number of stands out loud (1, 2, 3, 4, 5) each time SP rises

➤ Stop timing when SP has stood up the 5th time

GO TO CH12 ☒ 1. Completed

➤ Stop timing if: SP uses his/her arms, has not completed 5 stands in 1 minute, or you become concerned for SP's safety

GO TO CH12 ☒ 2. Attempted

If SP becomes tired, short of breath, or stops before completing 5 stands, ask:

Can you continue?

CH11

YES



NO

GO TO CH12 ☒ 2. Attempted

➤ Continue counting & timing



# REPEATED CHAIR STANDS — RESULTS

CH12

1. COMPLETED

2. ATTEMPTED

3. NOT ATTEMPTED

CH13

CH14

CH16

Completion time:

--	--	--	--

SECS

1/100



**GRIP STRENGTH**

Next Page

# of stands completed:

1    2    3    4

CH15

Reasons not completed:

**Mark all that apply**

- 1. SP became tired or short of breath
- 2. SP used SP's arms
- 3. All stands not completed in 1 min
- 4. You were concerned for SP's safety
- 5. SP stopped and was unable to continue
- 9. Other, specify:



**GRIP STRENGTH**

Next Page

Reasons not attempted:

**Mark all that apply**

- 1. SP felt unsafe
- 2. Proxy felt unsafe for SP
- 3. You felt unsafe for SP/SP unsteady with support
- 4. SP unable to understand directions
- 9. Other, specify:



**GRIP STRENGTH**

Next Page

Chair Stands



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## GRIP STRENGTH

Grip Strength Administration:

GR1

YES RIGHT



YES LEFT

NO

GO TO WAIST CIRCUMFERENCE p.34

- Remove the dynamometer from its case. If the display shows no numbers, press **ON/OFF** to turn on
- As marked in grip strength administration box, set "L" for left hand, or "R" for right hand. Press **SELECT TEST** until the correct letter appears
- Set the number of trials to 1. If needed, press **# OF TRIALS** until 1 appears
- Wipe dynamometer handle with an antibacterial cloth

- Make sure readings are displaying in KG
- If SP has a very large hand, you can adjust the grip position to 3
- If no numbers appear on the dynamometer display when you turn it on, check that the batteries are connected properly, and replace them if necessary



## GRIP STRENGTH 1

Next, I'm going to ask you to try to squeeze this handle using your (right/left) hand.

- Demonstrate grip position while sitting with your arm in an L shape, and the dynamometer or forearm resting on a stable surface

First, bend your elbow with your arm against your side. Then grab the two pieces of metal together like this and squeeze as hard as you can. The metal will not move, but the display will give me a measure of your grip. I will ask you to do this 2 times with the same hand. If you feel any pain or discomfort, tell me, and we will stop.

Do you think it would be safe to try this?

GR2

YES



NO

GO TO GR5 ☒ 3. Not attempted

- Press the "TEST" button and then hand dynamometer to SP

Please get in position, but don't squeeze until I say "begin." Hold the handle while you bend your elbow with your arm against your side.

- Check SP's position: sitting with arm in L shape

Are you ready?

YES



NO

GO TO GR3 ☒ Hand tested

Begin.

When SP begins squeezing, say:

Squeeze, squeeze, squeeze!

When the numbers on the display stop changing, say:

Stop.



# GRIP STRENGTH 1 — RESULTS

<b>GR3</b>	<b>GR4</b>
<b>Hand tested:</b> <input type="checkbox"/> RIGHT <input type="checkbox"/> LEFT	<input type="checkbox"/> GRIP POSITION SET TO 3

<b>GR5</b>	
<input type="checkbox"/> 1. COMPLETED	<input type="checkbox"/> 2. ATTEMPTED
<input type="checkbox"/> 3. NOT ATTEMPTED	
<b>GR6</b>	<b>GR7</b>
<b>Display reading:</b> <div style="display: flex; align-items: center; gap: 10px;"> <div style="border: 1px solid black; width: 30px; height: 30px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px;"></div> <div style="font-size: 20px;">.</div> <div style="border: 1px solid black; width: 30px; height: 30px;"></div> <div style="margin-left: 10px;">KG</div> </div> <div style="text-align: center;">   <b>GRIP STRENGTH 2</b>        Next Page     </div>	<div style="text-align: center; margin-bottom: 20px;">  </div> <b>Reasons not attempted:</b> <u>Mark all that apply</u> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. SP felt unsafe</li> <li><input type="checkbox"/> 2. Proxy felt unsafe for SP</li> <li><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</li> <li><input type="checkbox"/> 4. SP unable to understand directions</li> <li><input type="checkbox"/> 9. Other, specify:</li> </ul> <div style="border: 1px solid black; height: 60px; width: 100%;"></div> <div style="text-align: center; margin-top: 20px;">  </div>



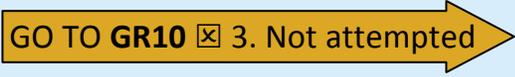
## GRIP STRENGTH 2

- Press the "RESET" button to set display back to 0.0
- Press the "TEST" button and then hand dynamometer to SP

Now let's try a second time. Remember to hold the handle while you bend your elbow and with your arm against your side, but don't squeeze until I say "begin."

- Check SP's position: sitting with arm in L shape

Are you ready?

YES 	NO 
---	---

Begin.

When SP begins squeezing, say:

Squeeze, squeeze, squeeze!

When the numbers on the display stop changing, say:

Stop.



## GRIP STRENGTH 2 — RESULTS

GR8	GR9
<p><b>Hand tested:</b></p> <p><input type="checkbox"/> RIGHT</p> <p><input type="checkbox"/> LEFT</p>	<p><input type="checkbox"/> GRIP POSITION SET TO 3</p>

<input type="checkbox"/> 1. COMPLETED	<input type="checkbox"/> 2. ATTEMPTED	<input type="checkbox"/> 3. NOT ATTEMPTED					
GR11		GR12					
<p><b>Display reading:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; width: 30px; height: 30px;"></td> <td style="border: 1px solid black; width: 30px; height: 30px;"></td> <td style="font-size: 1.2em; vertical-align: middle;">.</td> <td style="border: 1px solid black; width: 30px; height: 30px;"></td> <td style="font-size: 1.2em; vertical-align: middle;">KG</td> </tr> </table> <div style="text-align: center;"> <p><b>WAIST CIRCUMFERENCE</b> Next Page</p> </div>			.		KG	<div style="text-align: center;"> <p><b>WAIST CIRCUMFERENCE</b> Next Page</p> </div>	<p><b>Reasons not attempted:</b> <u>Mark all that apply</u></p> <p><input type="checkbox"/> 1. SP felt unsafe</p> <p><input type="checkbox"/> 2. Proxy felt unsafe for SP</p> <p><input type="checkbox"/> 3. You felt unsafe for SP/SP unsteady with support</p> <p><input type="checkbox"/> 4. SP unable to understand directions</p> <p><input type="checkbox"/> 9. Other, specify:</p> <div style="border: 1px solid black; height: 60px; margin-top: 5px;"></div> <div style="text-align: center; margin-top: 20px;"> <p><b>WAIST CIRCUMFERENCE</b> Next Page</p> </div>
		.		KG			



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## WAIST CIRCUMFERENCE

- *Wipe down flexible measuring tape with antibacterial cloth.*
- *Determine position for SP to perform activity:*
  - *If SP can stand unassisted, perform activity with SP **standing up***
  - *If SP cannot stand or has difficulty, perform activity with SP **sitting***
  - *If SP cannot sit unassisted, perform activity with SP **lying down***
- *When administering activity, check that measuring tape:*
  - *Is horizontal all the way around SP's waist*
  - *Is lined up with SP's navel*
  - *Is snug but not tight*
  - *Has large numbers facing out*
  - *Has end that starts with 1" overlapping end with higher numbers*

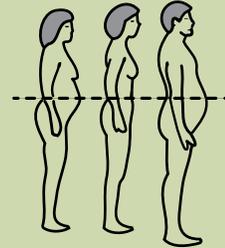


## WAIST CIRCUMFERENCE

Next I'm going to measure your waist circumference. While standing up, I will ask you to place this soft measuring tape around your waist, over your clothing, holding it securely at the level of your navel or belly button.

► *Demonstrate wrapping measuring tape around navel*

Once the tape measure is in place, I will ask you to take a normal breath and exhale, holding your breath at the end of the exhale. I will then record the measurement.



Do you think it would be safe to try this?

WC1	
<input type="checkbox"/> YES	<input type="checkbox"/> NO
GO TO WC3 <input checked="" type="checkbox"/> 3. Not attempted	

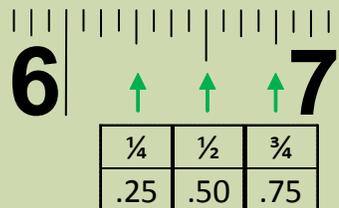
Please point to your navel. Now take this measuring tape and place it around your waist at the level of your navel.

► *If SP cannot wrap measuring tape around waist by self, have SP hold one end at navel while you bring around other end, then hand to SP.*

Please take a normal breath and exhale, holding your breath at the end of the exhale.

► *Record measurement on the tape to the nearest 1/4 inch after SP exhales*

You can stop now.



# WAIST CIRCUMFERENCE — RESULTS

WC2

**Measurement difficulties (mark all that apply):**

- 1. None
- 2. SP had breathing difficulties
- 3. SP unable to hold breath at end of exhale
- 4. SP gave less than full effort due to illness, pain, or other symptoms or discomfort
- 5. SP gave less than full effort for non-health reason
- 6. SP had difficulty or unable to locate navel
- 9. Other, specify:

WC3

1. COMPLETED

2. ATTEMPTED

3. NOT ATTEMPTED

WC4

WC8

**Tape measure reading:**

		.			INCHES
--	--	---	--	--	--------



**PEAK AIR FLOW**  
Next Page

**Reasons not attempted:  
Mark all that apply**

- 1. SP felt unsafe
- 2. Proxy felt unsafe for SP
- 3. You felt unsafe for SP/SP unsteady with support
- 4. SP unable to understand directions
- 5. SP Refused
- 9. Other, specify:

WC5

Bulky clothing worn

WC6

**Measured by:**

1. You     2. SP

WC7

**Activity position:**

- 1. Standing
- 2. Sitting
- 3. Lying down



**PEAK AIR FLOW**  
Next Page



**PEAK AIR FLOW**  
Next Page



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## PEAK AIR FLOW

- Remove peak air flow meter from case and wipe with antibacterial cloth
- Attach interviewer cardboard mouthpiece to meter
- Determine position for SP to perform activity:
  - If SP can stand unassisted, perform activity with SP **standing up**
  - If SP cannot stand or has difficulty, perform activity with SP **sitting**
  - If SP cannot sit unassisted, perform activity with SP **lying down**
- Allow for **at least 30 seconds** between SP attempts
- When reading peak air flow meter, if the sliding marker falls between two hash marks, round **down** to the next number

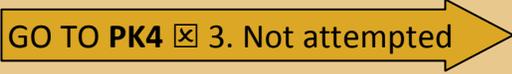
## PEAK AIR FLOW 1

Now I'm going to ask you to perform a simple activity that will measure how fast you can push out air from your lungs. When you blow into this instrument, the value of the biggest, fastest "huff" of air will be recorded. It is important that you blow as hard and as fast as you can. I would like you to perform the activity 2 times.

When we are ready to begin, I'll ask you to get into position. Take as deep a breath as possible. Open your mouth and close your lips firmly around the outside of the mouthpiece, and then blow as hard and as fast as you can into the mouthpiece. Like this.

➤ *Demonstrate activity position and movement*

Do you think it would be safe to try this?

PK1	
<input type="checkbox"/> YES 	<input type="checkbox"/> NO 

- *Remove interviewer mouthpiece from meter*
- *Help SP into position, hand meter to SP*
- *Open sealed bag with SP mouthpiece*

Please take this new mouthpiece out of the bag and fit it into the meter. Tap it lightly with the palm of your hand to make sure it is firmly attached.

- *Check SP's position: mouthpiece attached, meter in hands, fingers clear of sliding marker and air holes*
- *Reset meter to 0*

Please take a deep breath, place your lips around the outside of the mouthpiece, and blow as hard and as fast as you can into the mouthpiece.



# PEAK AIR FLOW 1 — RESULTS

PK2

**Activity position:**

- 1. Standing
- 2. Sitting
- 3. Lying down

PK3

**Effort given:**

- 1. Full effort
- 2. SP gave less than full effort due to illness, pain, or other symptoms or discomfort
- 3. SP gave less than full effort for non-health reason

PK4

- 1. COMPLETED
- 2. ATTEMPTED
- 3. NOT ATTEMPTED

PK5

**Meter reading:**

--	--	--

L/MIN



**PEAK AIR FLOW 2**  
Next Page

PK6

**Reasons not attempted:**  
Mark all that apply

- 1. SP felt unsafe
- 2. Proxy felt unsafe for SP
- 3. You felt unsafe for SP/SP unsteady with support
- 4. SP unable to understand directions
- 9. Other, specify:

**GO TO CLOSING p.44**



## PEAK AIR FLOW 2

➤ *Reset meter to 0*

Now let's try a second time. Again, place your lips around the outside of the mouthpiece, and blow as hard and as fast as you can into the mouthpiece.



# PEAK AIR FLOW 2 — RESULTS

PK7

**Activity position:**

- 1. Standing
- 2. Sitting
- 3. Lying down

PK8

**Effort given:**

- 1. Full effort
- 2. SP gave less than full effort due to illness, pain, or other symptoms or discomfort
- 3. SP gave less than full effort for non-health reason

PK9

1. COMPLETED

2. ATTEMPTED

3. NOT ATTEMPTED

PK10

**Meter reading:**

--	--	--

L/MIN

  
**CLOSING**  
Next Page

PK11

**Reasons not attempted:**  
Mark all that apply

- 1. SP felt unsafe
- 2. Proxy felt unsafe for SP
- 3. You felt unsafe for SP/SP unsteady with support
- 4. SP unable to understand directions
- 9. Other, specify:

  
**CLOSING**  
Next Page



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## CLOSING

Record end time:

<input type="text"/>	<input type="text"/>	:	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> AM
HRS			MINS		<input type="checkbox"/> PM

Put away all equipment:

- Remove SP mouthpiece from peak flow meter and put in trash bag
- Place peak flow meter and dynamometer in proper cases
- Remove all tape from floor
- Gather up all trash, put in bag
- Put all equipment in NHATS tote bag
- Return any borrowed chairs to original area
- Rearrange any moved furniture to original position

GO TO CAPI

Closing

