

Tan Tock Seng HOSPITAL DIY Mobility Check MENT TON TO THE TOTAL SENG HOSPITAL DIY CHECK MENT TO THE TOTAL SENG HOSPITAL DIY CHECK SENG TO THE TOTAL SENG TO

Answer these 4 questions to discover how to do this:

Do you have any difficulty standing up from a seated position without using your arms on your own?	YES	NO
Do you have any difficulty walking for about 1 bus-stop distance (~400m) without rest and without using any aids e.g walking aids on your own?	YES	NO
Do you have any difficulty climbing up 10 steps without rest and without using aids e.g. handrails, walking aids on your own?	YES	NO
Do you have any difficulty getting up from the floor without using aids e.g. furniture on your own?	YES	NO

PECC-PHT-ED-2018-306-v1