





DIY Mobility Check

Answer these 4 questions to discover how to do this:

	<p>Do you have any difficulty standing up from a seated position without using your arms on your own?</p>	<p>YES</p>	<p>NO</p>
	<p>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?</p>	<p>YES</p>	<p>NO</p>
	<p>Do you have any difficulty climbing up 10 steps without rest and without using aids e.g. handrails, walking aids on your own?</p>	<p>YES</p>	<p>NO</p>
	<p>Do you have any difficulty getting up from the floor without using aids e.g. furniture on your own?</p>	<p>YES</p>	<p>NO</p>