

# Sit – Stand – Walk Data Collection

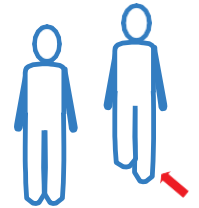
## SLEEP SURFACE

**Position on sleep surface-**  
Change position, safely  
operate chair controls



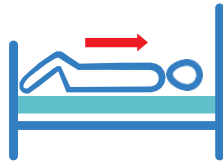
## STAND UP

**Bear weight on leg -**  
Bear weight on at least one leg.

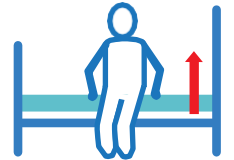


## SIT UP

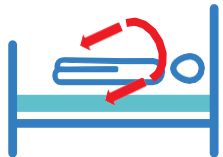
**Position in Bed -**  
Move up in bed.



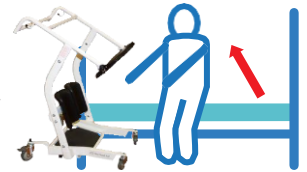
**Seated to standing -**  
Move from a seated position to  
a standing position.



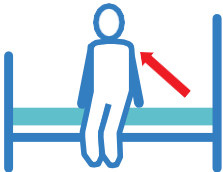
**Turning in Bed -**  
Turn from side to side in bed.



**Seated to standing -**  
Move from a seated position  
to a standing position using a  
Stand Aid for support



**Lying or reclining to sitting  
position-**  
Move from lying or reclining to  
sitting on edge of bed.

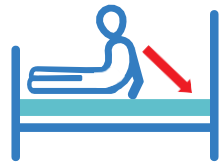


## WALK

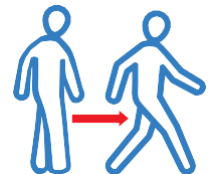
**Maintain sitting balance -**  
Maintain sitting balance while  
leaning forward and reaching  
across to shake hand.



**Lying or reclining from a  
sitting position -**  
Move from a seated position  
to a lying or reclining position  
in bed.



**Walking -**  
Ambulation.



## Sleep Surface

### Position on sleep surface: Steps



a. Change position



b. Operate chair controls to move from a seated to a standing position.

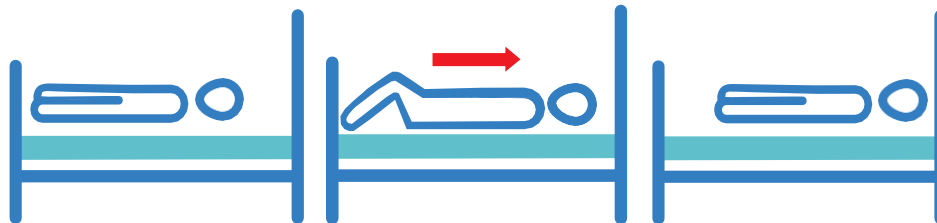


c. Operate chair controls to move from a seated to a reclining position.

| Assistance Level                      | Description   | Type of Support   |
|---------------------------------------|---|---|
| Independent                           | No support needed   | None  |
| Independent Using an Assistive Device | Can position themselves with the use of assistive device                    | Grab assist bar, overhead trapeze and electronic bed controls |
| Supervision                           | Requires oversight, encouragement or cueing when using assistive device     | Grab assist bar, overhead trapeze and electronic bed controls |
| Limited Support                       | Unable to complete task themselves. Requires limited non-lifting assistance | Guiding correct body alignment (palms must be down)           |
| Extensive Support                     | Able to position up in bed, but unable to position extremities              | Manually lift arm or leg to position with a pillow            |
| Totally Dependent                     | Unable to position up in bed  | Total Lift and repositioning or other slings                  |

## Sit Up

### Position in Bed: Steps



a. Lie down in bed

b. Place feet flat on bed

c. Push/position to top

| Assistance Level                      | Description   | Type of Support   |
|---------------------------------------|---|---|
| Independent                           | No support needed   | None  |
| Independent Using an Assistive Device | Can position themselves with the use of assistive device                    | Grab assist bar, overhead trapeze and electronic bed controls |
| Supervision                           | Requires oversight, encouragement or cueing when using assistive device     | Grab assist bar, overhead trapeze and electronic bed controls |
| Limited Support                       | Unable to complete task themselves. Requires limited non-lifting assistance | Guiding correct body alignment (palms must be down)           |
| Extensive Support                     | Able to position up in bed, but unable to position extremities              | Manually lift arm or leg to position with a pillow            |
| Totally Dependent                     | Unable to position up in bed  | Total Lift and repositioning or other slings                  |

## Sit Up (continued)

### Turning in Bed: Steps



a. Lie down in bed

b. Turn from side to side

| Assistance Level                            | Description   | Type of Support  |
|---|---|--|
| Independent                                 | No support needed   | None   |
| Independent Using an Assistive Device       | Can turn themselves with the use of assistive device                              | Grab assist bar  |
| Supervision                                 | Requires oversight, encouragement or cueing when using assistive device           | Grab assist bar  |
| Limited Support                             | Unable to complete task themselves. Requires limited non-lifting assistance       | Guiding correct body alignment (palms down meaning no lifting) |
| Extensive Support                           | Unable to turn themselves. May need physical assistance using an assistive device | Provide weight bearing support such as assisting extremities   |
| Totally Dependent                           | Unable to turn in bed   | Total Lift and repositioning or other slings                   |
| Totally Dependent and Resident is Resistant | Unable to turn in bed and uncooperative   | Total Lift and repositioning or other slings                   |

## Sit Up (continued)

### Lying or reclining to sitting position on the edge of the bed: Steps

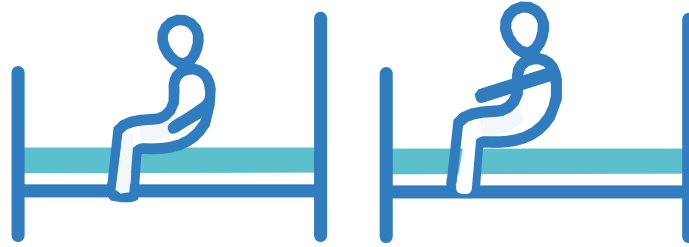


a. Sit up on edge of bed from a laying down position

| Assistance Level                      | Description   | Type of Support   |
|---------------------------------------|---|---|
| Independent                           | No support needed   | None  |
| Independent Using an Assistive Device | Can sit up with the use of assistive device                             | Raise head of bed, grab assist bar or overhead trapeze        |
| Supervision                           | Requires oversight, encouragement or cueing when using assistive device | Grab assist bar, overhead trapeze and electronic bed controls |
| Limited Support                       | Unable to sit up, requires limited non-lifting assistance               | Guiding correct body alignment (palms must be down)           |
| Totally Dependent                     | Unable to sit up from a laying position                                 | Total Lift and repositioning or other slings                  |

## Sit Up (continued)

### Maintain balance while seated: Steps



a. Sit up on edge of bed, lean forward, reach out to shake hand

| Assistance Level                      | Description   | Type of Support  |
|---------------------------------------|---|--|
| Independent                           | No support needed   | None   |
| Independent Using an Assistive Device | Can lay down with the use of assistive device                                     | Grab assist bar, overhead trapeze and electronic bed controls  |
| Supervision                           | Requires oversight, encouragement or cueing when using assistive device           | Grab assist bar, overhead trapeze and electronic bed controls  |
| Limited Support                       | Unable to lay down, requires limited non-lifting assistance                       | Guiding correct body alignment (palms must be down)            |
| Extensive Support                     | Unable to turn themselves. May need physical assistance using an assistive device | Provide weight bearing support such as a assisting extremities |
| Totally Dependent                     | Unable to lay down from a sitting position  | Total Lift and repositioning or other slings                   |

## Sit Up (continued)

### Sitting on the edge of the bed and laying or reclining down on bed: Steps

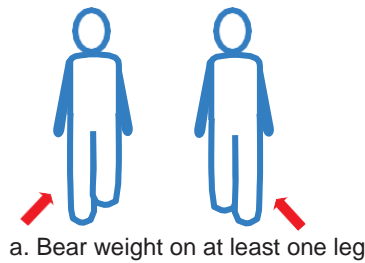


a. Laying down on bed from sitting up on the edge of bed

| Assistance Level                      | Description   | Type of Support  |
|---------------------------------------|---|--|
| Independent                           | No support needed   | None   |
| Independent Using an Assistive Device | Can lay down with the use of assistive device                                     | Grab assist bar, overhead trapeze and electronic bed controls  |
| Supervision                           | Requires oversight, encouragement or cueing when using assistive device           | Grab assist bar, overhead trapeze and electronic bed controls  |
| Limited Support                       | Unable to lay down, requires limited non-lifting assistance                       | Guiding correct body alignment (palms must be down)            |
| Extensive Support                     | Unable to turn themselves. May need physical assistance using an assistive device | Provide weight bearing support such as a assisting extremities |
| Totally Dependent                     | Unable to lay down from a sitting position  | Total Lift and repositioning or other slings                   |

## Stand Up

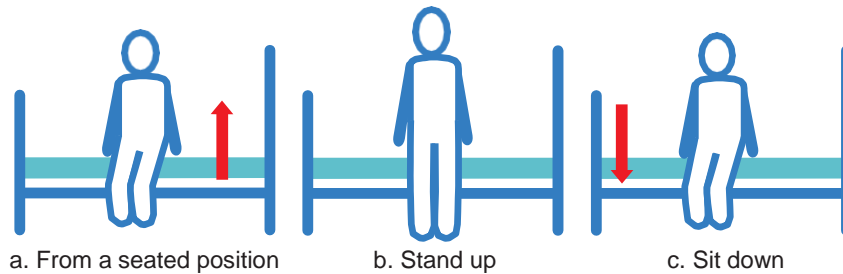
### Upper and lower body strength: Steps



| Assistance Level    | Description       | Type of Support | Proceed |
|---------------------|-------------------|-----------------|---------|
| Independent         | No support needed | None            | Yes     |
| Not able to perform |                   | Use Total Lift  | No      |

## Stand Up (continued)

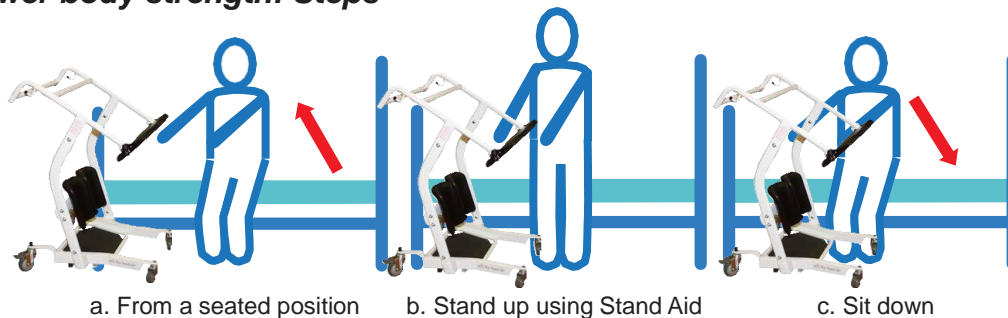
### Upper and lower body strength: Steps



| Assistance Level    | Description  | Type of Support                            | Proceed |
|---------------------|--|--|---------|
| Independent         | No support needed                                  | None                                       | Yes     |
| Supervision         | Oversight, encouragement or direction              | None                                       | Yes     |
| Limited Support     | Requires assistance to pull into standing position | Raise height of bed, walker at bedside     | Yes     |
| Not able to perform |  | Use Sit-to-Stand and harness for transfers | No      |

## Stand Up (continued)

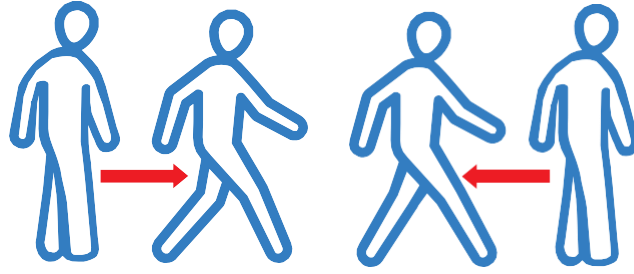
### Upper and lower body strength: Steps



| Assistance Level    | Description  | Type of Support  | Proceed |
|---------------------|--|------------------|---------|
| Limited support     | Requires assistance to pull into standing position | Use Stand Aid    | Yes     |
| Not able to perform | Unable to pull into standing position              | Use Sit-to-Stand | No      |

# Walk

## Ambulation: Steps



a. Take one step forward

b. Take one step backward

| Assistance Level   | Description  | Type of Support         |
|--------------------|--|-------------------------|
| Independent        | No support needed - walks or uses a walker independently   | None, walker or cane    |
| Supervision        | Oversight, encouragement or direction - uses a walker with coaching from staff                               | None, walker or cane    |
| Limited Support    | Guided maneuvering, non-weight bearing assistance - staff may have hand on walker or gait belt to help guide | None, walker or cane    |
| Extensive Support  | Requires assistive device with employee assistance   | Stand Aid, Sit-to-Stand |
| Unable to Ambulate | Unable to ambulate, requires an assistive device   | Stand Aid, Sit-to-Stand |

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