**Otago Exercise Program SESSION 0**

**Assessment Tracking**

**Participant ID:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Initial Assessment Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- |
| Have you fallen in the past year?  |
| ­­­­­­Are you unsteady when standing/walking?  |
| Are you afraid of falling?  |

|  |  |
| --- | --- |
| Initial TUG score  |   |
| Initial 4SBT score (Pass/Fail, can they hold tandem stance at least 10 seconds).  |   |
| Initial 30sec chair stand score  |   |

|  |
| --- |
| # Of Previous Falls:  |
|   |

|  |  |
| --- | --- |
| Level Fall Risk:  |   |

**Re-assessment Date (if completed):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| **Final TUG score** |   |
| **Final 4SBT score** (Pass/Fail, can they hold tandem stance at least 10 seconds). |   |
| **Final 30sec chair stand score**  |   |