

Activity 12 – Moving around

This activity considers a claimant's physical ability to move around without severe discomfort, such as breathlessness, pain or fatigue. This includes the ability to stand and then move up to 20 metres, up to 50 metres, up to 200 metres and over 200 metres.

As with all the other activities, a claimant is to be assessed as satisfying a descriptor only if the reliability criteria are also considered. The claimant must be able to undertake the activity:

- safely (in a manner unlikely to cause harm to the claimant or to another, either during or after completion of the activity);
- to an acceptable standard;
- repeatedly (as often as the activity being assessed is reasonably required to be completed); and
- within a reasonable time period (no more than twice as long as the maximum period that a person without a physical or mental condition which limits that person's ability to carry out the activity in question would normally take to complete that activity).

Notes:

This activity should be judged in relation to a type of surface normally expected out of doors, such as pavements on the flat and includes the consideration of kerbs.

'Standing' means to stand upright with at least one biological foot on the ground with or without suitable aids and appliances (note – a prosthesis is considered an appliance, so a claimant with a unilateral prosthetic leg may be able to stand, whereas a bilateral lower limb amputee would be unable to stand under this definition).

"Stand and then move" requires an individual to stand and then move independently while remaining standing. It does not include a claimant who stands and then transfers into a wheelchair or similar device. Individuals who require a wheelchair or similar device to move a distance should not be considered able to stand and move that distance.

Aids or appliances that a person uses to support their physical mobility may include walking sticks, crutches and prostheses.

When assessing whether the activity can be carried out reliably, consideration should be given to the manner in which the activity is completed. This includes but is not limited to, the claimant's gait, their speed, the risk of falls and symptoms or side effects that could affect their ability to complete the activity, such as pain, breathlessness and fatigue. However, for this activity, this only refers to the physical act of moving. For example, danger awareness is considered as part of activity 11.

NB: in legislation this activity is referred to as Mobility Activity 2.

A	Can stand and then move more than 200 metres, either aided or unaided.	0
B	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4
For example, this would include people who can stand and move more than 50 metres but no further than 200 metres either by themselves, or using an aid or appliance such as a stick or crutch, or with support from another person.		
C	Can stand and then move unaided more than 20 metres but no more than 50 metres.	8
<p>Within the assessment criteria, the ability to perform an activity 'unaided' means without either the use of aids or appliances; or help from another person.</p> <p>For example, this would include people who can stand and move more than 20 metres but no further than 50 metres, without needing to rely on an aid or appliance such as a walking stick, or help from another person.</p>		
D	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	10

	<i>For example, this would include people who can stand and move more than 20 metres but no further than 50 metres, but need to use an aid or appliance, such as a stick or crutch to do so.</i>	
E	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	12
	<i>For example, a person who can stand and move more than 1 metre, but no further than 20 metres, either unaided or with the use of an aid or appliance such as a stick or crutch, or support from another person.</i>	
F	Cannot, either aided or unaided – i. stand; or ii. move more than 1 metre.	12