

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.

If an individual cannot reliably complete an activity in the way described in a descriptor then they should be considered unable to complete it at that level and an alternative descriptor selected.

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 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.

Limited pauses do not necessarily mean the bout of moving has come to an end. For example, a claimant who has some difficulty with balance may pause before avoiding a small obstacle or stepping up onto a kerb – the claimant should not be viewed as completely stopping at that point. The reliability criteria should be applied when assessing what distances the claimant can achieve.

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.

Posture should only be taken into account if it affects the person's ability to mobilise and to an acceptable standard (e.g. without severe discomfort). Physical symptoms arising from overwhelming psychological distress which have been considered for activity 11 should be disregarded for the purposes of activity 12.

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| 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 |
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| B | Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided. | 4 |
| | | |
| 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 |
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| E | Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided. | 12 |
| | | |
| F | Cannot, either aided or unaided – <ul style="list-style-type: none"> i. stand; or ii. move more than 1 metre. | 12 |
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