

1. BALANCE AND POSTURAL CONTROL

Impairment of either Structure or Function (as appropriate to age):

Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological).

Consider impairment of the structures and functions sub-serving balance and postural control such as: disorders of sensory input (eg. proprioceptive, visual, vestibular, auditory, somatosensory); central disorders of sensori-motor integration; disorders of motor output (e.g. muscle weakness, incoordination and abnormal tone).

0 Complete impairment. Constant severe disorders of sensory input, sensory motor integration or motor output. Cannot maintain or sustain normal upright postural alignment in any position without maximal assistance.

1 Very severe impairment. Constant severe disruption to many of the structures and functions sub-serving balance and posture. Occasionally able to maintain balance in sitting for very short period e.g. less than 30 seconds. Unable to maintain balance in standing at all. Not able to regain balance when internally or externally perturbed.

2 Moderately severe impairment. Constant moderate disruption to several of the structures and functions sub-serving balance and posture, or very severe dysfunction of one system subserving balance and posture. Independently maintains balance and upright posture in sitting for periods of up to 5 mins; able to maintain standing balance for short periods e.g. less than 30 secs. Experiences marked difficulty regaining balance in response to an internally or externally imposed perturbation, including if distracted.

3 Moderate impairment. Moderate or occasional disruption to one of the structures or functions subserving balance and posture control. Able to independently maintain balance and upright posture in sitting indefinitely (more than 3 minutes) or standing for periods of up to 1 min. Able to regain balance in response to internally generated perturbation yet experiences difficulties with external perturbations. Limited ability to maintain balance while doing something else i.e. difficulties with dual task performance.

4 Mild impairment. Mild or only occasional dysfunction of one of the structures or functions subserving balance and posture control. Able to maintain balance and upright posture indefinitely in sitting and standing and able to walk in closed environments or for short distances in open environments. Able to regain balance in response to internal or external perturbations, but has difficulties with complex and multiple perturbation.

5 No impairment of the systems subserving balance and posture.

Activity Limitation (as appropriate to age):

Activity limitation results from the difficulty in the performance of an activity. An activity is the execution of a task by an individual

Consider the performance of tasks such as: sitting, standing, walking in simple environments (e.g. flat surface, straight line), walking in complex environments (e.g. obstacles, slopes, outside surfaces, stairs) transfers from sitting to standing, turning, carrying objects, household tasks (e.g. housework, preparing meals).

0 Complete limitation. Unable to sit, stand or walk independently and therefore requiring support at all times to perform any activity of daily living. Totally wheelchair dependent with maximum mechanical assistance required to transfer.

1 Very severe limitation. Cannot walk, turn around or perform many self-care tasks. Can only sit upright unsupported for short periods e.g. less than 30 secs, can stand unsupported for very short periods e.g. less than 10 secs. Often requires mechanical restraint or maximal physical assistance of 1-2 people to maintain upright posture and prevent falls. Always needs wheelchair for mobility.

2 Moderately severe limitation. Safe sitting with internal and mild external perturbations; can stand unsupported for periods of up to 1 min, moderate assistance from one person required for transfer. Moderate assistance required for walking (non-functional) from mechanical aid and human; needs wheelchair for functional mobility.

3 Moderate limitation. Safe sitting with internal and external perturbations; independent active/functional standing with occasional need to stabilise on wall or equivalent. Able to walk with minimal assistance in closed environment, able to walk with close supervision or using a mechanical aid such as frame in open environments; needs wheelchair for mobility when travelling long distances or when moving over uneven terrain.

4 Mild limitation. Completes all mobility, turning and self-care tasks safely in a range of appropriate environments but is slow and may require an assistive device. Minimal occasional supervision needed for some unfamiliar or complex tasks, such as obstacle crossing, stair-climbing or walking over uneven surfaces. Walking is only very occasionally compromised by slightly delayed or inappropriate reactive responses to complexities such as limited light, uneven or compliant terrain, many distractions, when performing dual or multiple tasks.

5 No limitation.

Participation Restriction (as appropriate to age):

Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

0 Unable to fulfill social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.

1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.

2 Moderately severe difficulties in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.

3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.

4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.

5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

Wellbeing/Distress (as appropriate to age):

The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

0 High and consistent levels of distress or concern.

1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.

2 Moderately severe concern. Frequent emotional encouragement and reassurance required.

3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.

4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.

5 Able to cope with most situations. Accepts and understands own limitations.

Without training, reliability cannot be assumed