

ADP Mobility component activity 2 – moving around

Index

This chapter covers the following topics:

- Introduction
- Mobility component activity 2 descriptor A
- Mobility component activity 2 descriptor B
- Mobility component activity 2 descriptor C
- Mobility component activity 2 descriptor D
- Mobility component activity 2 descriptor E
- Mobility component activity 2 descriptor F

Introduction

1. This chapter provides information on activity 2 of the mobility component of Adult Disability Payment (ADP).
2. This chapter should be read and applied in line with the Overview of Decision Making and the ADP Mobility Component Introduction.
3. Mobility component activity 2 considers an individual's physical ability to stand and move around without symptoms of severe discomfort, pain or fatigue. Breathlessness may be considered a symptom of severe discomfort, for example.
4. Mobility component activity 2 includes the ability to stand and then move within the following parameters:
 - up to 20 metres
 - up to 50 metres
 - up to 200 metres
 - over 200 metres
5. A case manager should evaluate mobility component activity 2 in relation to a type of surface normally expected outdoors, such as pavements and kerbs.
6. 'Standing' for the purposes of this activity means to stand upright with at least one biological foot on the ground with or without suitable aids and appliances.
7. A prosthesis is considered to be an appliance. An individual with a unilateral (one) prosthetic leg may be able to stand. An individual with bilateral (two) prosthetic legs would be considered to be unable to stand as they do not have at least one biological foot on the ground.
8. 'Stand and then move' describes an individual's ability to stand and then move while remaining standing. It does not include an individual who stands and then transfers into a wheelchair or similar device. Individuals who need a wheelchair or similar device to move a distance should not be considered able to stand and move that distance.

9. An aid or appliance that an individual may use to support their physical mobility may include any of the following items which are not limited to:
 - a walking stick
 - crutches
 - a Zimmer frame
 - a prosthetic or prostheses
10. The definition of 'aided' includes supervision, prompting or assistance, so any of these could also be considered an aid when an individual is completing an activity.
11. An individual's ability to carry out the activity should be determined:
 - based on their ability while using an aid or appliance which they normally wear or use, or
 - as if they were wearing or using any aid or appliance which they could reasonably be expected to wear or use
12. When deciding if an individual needs:
 - an aid
 - an appliance
 - prompting
 - supervision
 - assistance

A case manager should not only consider what the individual actually has, but also what they could reasonably require and might not actually have.

13. A case manager should consider the manner in which mobility component activity 2 is completed when considering whether the activity can be carried out reliably. This includes, but is not limited to, an individual's:
 - gait (the pattern of how a person walks)
 - speed
 - risk of falls
 - symptoms or side effects that could affect their ability to complete the activity
 - ability to move around without symptoms of severe discomfort, pain or fatigue
14. An individual's mobility may be affected by external conditions including, but not limited to, temperature and weather. A case manager should consider this when applying the Reliability Criteria e.g., in cold and wet weather conditions an individual's mobility may be further reduced by heightened discomfort, pain or fatigue. This may affect their ability to achieve a particular standard of mobility 'repeatedly'.
15. Mobility component activity 2 considers the physical act of moving only. Planning and following journeys including any risk associated with this will be considered in mobility component activity 1.
16. A case manager should only consider posture if it affects an individual's ability to move to an acceptable standard.

17. The 'moving around' descriptors describe six levels of functional ability to complete the activity.
- A. Can stand and then move more than 200 metres, either aided or unaided
 - B. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided
 - C. Can stand and then move unaided more than 20 metres but no more than 50 metres either aided or unaided
 - D. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres, either aided or unaided
 - E. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided
 - F. Cannot, either aided or unaided
 - (i) stand, or
 - (ii) move more than 1 metre.¹
- 1 ADP regs, Schedule 1 Part 3 Mobility Activities, Activity (2)*

18. Within the assessment criteria, the ability to perform an activity unaided means without either the use of aids or appliances; or supervision, prompting or assistance.¹

1 ADP regs, Reg 1, Part 1

19. A case manager may give consideration to an individual who may have been prescribed an aid however cannot use this due to a condition or disability. A descriptor which reflects the distance the individual can stand and move without the aid is likely to be appropriate.

Mobility component activity 2 descriptor A (0 points) – Can stand and then move more than 200 metres, either aided or unaided

Mobility component activity 2 descriptor B (4 points) – Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.

Example: an individual with arthritis who satisfies mobility component 2 descriptor B

Dean has arthritis in his knees and has sent a letter from his GP along with his application form for ADP. It outlines that following x-rays he was found to have moderate degeneration of both of his knee joints and his GP explains that he takes regular painkillers.

In his application, he explains that because of his knee pain he has some difficulties in walking, especially if he has to walk a long distance. He gives an example of when he goes to work. He is able to walk to his car at a normal pace and drive to work. Then he is able to walk from his car to his office which is a distance of 120 metres and takes him around 2 minutes. When he gets to his desk, he has to rest for 5 minutes before he goes to make a coffee because he needs time for the pain in his knees to subside.

Because Dean has a joint condition that would reasonably affect his ability to walk, he has a reduced ability to perform this activity repeatedly. The case manager

determines that Dean satisfies mobility component activity 2 descriptor B, because he can walk at a normal pace for 2 minutes (120 metres) but he is then unable to walk any further distance because of the pain.

Mobility component activity 2 descriptor C (8 points) – Can stand and then move unaided more than 20 metres but no more than 50 metres either aided or unaided.

A person will satisfy this descriptor if they can stand and move a distance more than 20 metres unaided, but they cannot go any further than 50 metres, even if aided.

Example: an individual with fibromyalgia who satisfies mobility component activity 2 descriptor C

Shaheed has fibromyalgia and experiences constant fatigue and pain throughout his body. The pain in his back, hips and legs is significant. He has a letter from his GP which outlines his reduced mobility and high pain levels. It shows that he is prescribed strong painkillers as well as medication to manage nerve pain.

In his application for ADP, he explains that he is unable to walk far. He is able to walk out of his house to get to the car parked on the road, and his wife will drive them to the supermarket. He explains that he can manage to walk from the disabled parking spot to the entrance of the supermarket where his wife waits with a wheelchair. He reports that if he tries to walk any further, he will be in significant pain and will be unable to do anything for the rest of the day. He has tried to use a walking frame to help him with standing and walking, but this causes too much pain in his arms.

Because Shaheed's symptoms of pain impact his ability to move, and he cannot effectively use an aid, he is limited in the distance he can walk. The case manager determines that Shaheed satisfies mobility component activity 2 descriptor C because he is able to walk a short distance to the car parked outside his house and from the car to the supermarket but cannot move more than 50 metres.

Mobility component activity 2 descriptor D (10 points) – Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres, either aided or unaided.

A person will satisfy this descriptor if they can stand and move a distance more than 20 metres using an aid or appliance, but they cannot go any further than 50 metres, whether they are aided or not.

Example: an individual with lymphoedema, who satisfies mobility component activity 2 descriptor D

Beryl has lymphoedema in both of her legs and they are significantly swollen. She has a letter from her practice nurse which explains that her legs are swollen with fluid and require frequent attention for dressings because of sores.

In her application for ADP, she reports that she walks with a Zimmer frame because her swollen legs make it difficult for her to walk. She uses her Zimmer frame to help her standing as she was taught to by a physiotherapist and then will walk outside to

have a chat with her neighbour at the front gate. She enjoys spending time in the garden and will sit on a small seat at the end of the path. She walks slowly to the end of the path around 20 metres away from the house. She is able to walk back to the house but then cannot walk again before resting for 30 minutes to relieve her tiredness.

As Beryl's condition impacts her mobility, she requires an aid to stand and walk, and is limited in the distance she can walk. The case manager determines that Beryl satisfies mobility component activity 2 descriptor D because she is able to walk 20 metres to get to the bench and repeat this distance but is unable to walk further than that in a timely manner.

Mobility component activity 2 descriptor E (12 points) – Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.

Example: an individual who has had a stroke who satisfies mobility component activity 2 descriptor E

Ronan had a stroke last year and has significantly reduced movement in his left side. Both his left arm and left leg are affected by weakness as reported in a letter from his stroke nurse although it explains that his left arm is paralysed. He has some movement in his left leg but drags his leg when walking.

In his application form for ADP, he explains that he is able to move around his house and walks very slowly to make sure that he lifts his left leg up high enough. He reports that when he leaves the house, he uses a wheelchair with the assistance of his wife because he has fallen a number of times when walking outside.

Because Ronan is likely to be at a high risk of falling, he cannot walk more than a few metres safely under this activity. The case manager determines that Ronan satisfies mobility component activity 2 descriptor E because it is reasonable to state that he can stand and then move more than 1 metre, but under 20 metres due to a significant risk of him falling.

Mobility component activity 2 descriptor F (12 points) – Cannot, either aided or unaided stand or move more than 1 metre.

Example: an individual with cerebral palsy who satisfies mobility component activity 2 descriptor F

Angus has cerebral palsy and is a full-time wheelchair user. He has a letter from his neurologist which confirms his diagnosis and shows that he has significant difficulties with using his legs. He can stand with assistance to move on to the toilet, into bed or his wheelchair, but he cannot safely take any steps.

In his application form for ADP, Angus states that he is able to stand with the help of his partner and turn around to sit on the toilet or shower seat, or move from the bed to sit on his wheelchair. He cannot move anywhere from this standing position because of the weakness in his legs.

Because Angus has significant weakness in his legs, he cannot safely walk at all. The case manager determines that Angus satisfies mobility component activity 2 descriptor F because he is able to stand with assistance, but he is unable to take any functional steps to allow him to walk 1 metre.

[End of chapter]