



Mobility & Independence Self-Assessment

Are Small Mobility Changes Starting To Affect Your Independence?

Most mobility changes don't happen overnight.

For many people, the signs are subtle at first.

Taking a little longer to stand.

Walking a little less than before.

Choosing convenience over activities that once felt simple.

Often, these changes happen so gradually that we adapt without realizing it.

This self-assessment can help you identify common signs that mobility challenges may be beginning to affect comfort, confidence, and independence.

There are no right or wrong answers.

Simply check the statements that apply to you or a loved one.

EVERYDAY ACTIVITIES

Standing up from a chair takes more effort than it used to.

- Very Important
- Somewhat Important
- Not a Priority

I use armrests, furniture or nearby objects to help me stand.

- Never
- Sometimes
- Frequently

I think twice before sitting in lower or softer chairs.

- Never
- Sometimes
- Frequently



MOBILITY & ACTIVITY

I walk shorter distances than I did a year ago.

- Never
- Sometimes
- Frequently

I need more breaks during shopping trips, outings or community activities.

- Never
- Sometimes
- Frequently

I have stopped doing certain activities because getting around feels difficult.

- Never
- Sometimes
- Frequently

CONFIDENCE & SAFETY

I feel less steady on my feet than I once did.

- Never
- Sometimes
- Frequently

I worry about slipping, tripping or falling.

- Never
- Sometimes
- Frequently

I avoid certain situations because I am concerned about balance or mobility.

- Never
- Sometimes
- Frequently



INDEPENDENCE

I rely on family members more often for transportation, errands or daily activities.

- Never
- Sometimes
- Frequently

I choose to stay home more often because getting out feels like too much effort.

- Never
- Sometimes
- Frequently

At the end of the day, I feel more physically exhausted than I used to.

- Never
- Sometimes
- Frequently

FOR FAMILY MEMBERS & CAREGIVERS

Have you noticed a loved one:

- Taking longer to stand
- Walking less frequently
- Holding onto furniture or walls
- Turning down invitations
- Avoiding shopping trips
- Taking more rest breaks
- Becoming more cautious when moving around
- Asking for more assistance

Sometimes family members notice changes before the individual experiencing them.



WHAT YOUR ANSWERS MAY MEAN

Mostly “Never”

You may not be experiencing significant mobility challenges right now.

This is a great time to focus on fall prevention, activity, and maintaining strength and independence.

Mostly “Sometimes”

You may be noticing early mobility changes.

Many people find that addressing these changes early helps them remain active, comfortable and independent longer.

Mostly “Frequently”

Mobility changes may already be affecting your confidence, comfort, and daily routine.

Exploring mobility solutions does not mean giving up independence.

In many cases, it helps people maintain it.

INDEPENDENCE ISN'T ABOUT DOING EVERYTHING ALONE

Sometimes people avoid exploring mobility solutions because they worry it means losing independence.

In reality, many people discover the opposite.

The right support often helps them:

- Continue shopping independently
- Attend church and community events
- Visit family and friends
- Travel more comfortably
- Stay active longer
- Maintain confidence at home



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SOLUTIONS THAT SUPPORT INDEPENDENCE

Depending on your needs, solutions may include:

Power Lift Recliners

Help make sitting and standing easier.

Lightweight Power Wheelchairs

Support active lifestyles with greater mobility and less fatigue.

Mobility Scooters

Help conserve energy while remainign engaged in the community.

Hospital Beds

Improve comfort and supporting caregiving at home.

THE GOAL ISN'T THE EQUIPMENT

The goal isn't the wheelchair.

The goal isn't the scooter.

The goal isn't the power lift recliner.

The goal is continuing to do the things that matter most to you:

- Spending time with family.
- Going to church.
- Shopping independently.
- Enjoying everyday life with confidence.

STAY ACTIVE. STAY COMFORTABLE. STAY INDEPENDENT.



**Visit our showroom:
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