

# SARC-F

## STRENGTH, AMBULATION, RISING FROM A CHAIR, STAIR CLIMBING AND HISTORY OF FALLING

NAME:

UR:

DATE:

Component	Question	Scoring	Score
Strength	How much difficulty do you have in lifting and carrying 4.5 kgs?	None = 0 Some = 1 A lot or unable = 2	
Assistance in walking	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot, use aids, or unable = 2	
Rise from a chair	How much difficulty do you have transferring from a chair to bed?	None = 0 Some = 1 A lot or unable without help = 2	
Climb stairs	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2	
Falls	How many times have you fallen in the past year?	None = 0 1-3 falls = 1 4 or more falls = 2	

**TOTAL SCORE**

### SCORING:

A score of 0-3 = low risk of sarcopenia

A score  $\geq$  4 = at risk of sarcopenia

**AUTHOR:** Malmstrom TK, Morley JE. Sarcopenia: the target population. J Frailty Aging 2013; 2: 55-56.

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