CHARMI® Charité Mobility Index – *Manual*

1 Count the best mobility item that can be performed without assistance

2 Aids may be used

3 Count wheelchair mobility separately (e.g. 4W))

0	Complete immobility	
1	Transfers in bed	turning from back to side
2	Sitting on edge of bed	sit ≥30 s, transfer may need help
3	Transfer to edge of bed	transfer into sitting position
4	Transfer from bed to chair	
5	Standing up	with standing for ≥30 s
6	Walking up to 10 m	e.g. within a room
7	Walking 10 to 50 m	e.g. within a ward, apartment
8	Walking over 50 m	with mobility or gait speed limitation
9	Climbing stairs	≥one flight of stairs
10	Full mobility	
W	Wheelchair mobility	independent use of wheelchair

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CHARMI®
Charité Mobility Index

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