

Standardized, Scalable Falls Risk Screening

01



Screen

Staff of any specialty or training level can assess grip strength, gait speed, balance, and lower limb strength in 5 minutes or less.



02



Report

Concise Falls Risk Summary reports, together with simple “Next Steps” handouts based on CDC guidance, deliver actionable advice and documentation to support clinical referrals, care planning, and insurance reimbursement.

Falls risk profile

Assessment for **Jonathan Doe**, age 101, recorded on **Thursday, September 11 2025**

At risk of falls

Test	Time	Results	Unit	Normative Range	Interpretation
Chair Stand Test (CST) *	18:36	6	reps	≥ 7	Below average
Gait Speed (4GS) **	18:37	51	m/s	≥ 0.8	Normal
Timed Up & Go (TUG) **	18:25	19	s	≤ 12	Below normal
Single Maximum Grip Test	18:38	104.9	lbs	≥ 26.2	High

* Normative data starts at 65. ** Normative data starts at 60.

03






Prevent

“So what?”

With the right data in hand, seniors gain access to preventative care pathways and timely follow-up. Ongoing monitoring and reassessment provides measurable outcomes to demonstrate intervention efficacy and long-term impact.



What you'll improve with Able Assess

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Speed and accuracy of assessment - Complete all four validated assessments in 5 minutes with clear, automated workflows.
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Staff efficiency - Enables clinical and non-clinical staff to conduct screenings confidently with minimal training.
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Data-driven decision making - Eliminates subjectivity and inefficiency in traditional falls assessments to deliver fast, accurate, and repeatable results.



Our solution brings the STEADI (Stopping Elderly Accidents, Deaths, and Injuries) protocol* into the digital age. By translating its core components into an intuitive, user-friendly platform, we make falls risk assessment and prevention more accessible, efficient, and scalable.

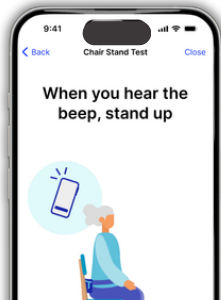
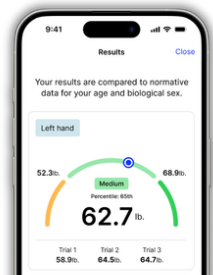
*STEADI (Stopping Elderly Accidents, Deaths & Injuries) is a program from the Centers for Disease Control and Prevention (CDC) that provides proven strategies for fall prevention in older adults. <https://www.cdc.gov/steady/patient-resources/index.html>

One Sensor. Four Core Assessments. Complete Confidence.

Grip Strength

Measures overall body strength - low grip strength can indicate higher fall risk.

Procedure: Squeeze a small hand-held device as firmly as you can.



Chair Stand Test

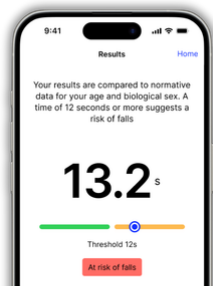
Measures lower limb strength, vital for standing and balance.

Procedure: Stand up from a chair and sit back down several times without using your arms.

Timed Up and Go Test – TUG

Evaluates balance and mobility.

Procedure: Stand up, walk three meters, turn, and sit back down. A walking aid may be used if needed.



Gait Speed

Gauges walking speed, a strong predictor of independence and falls risk.

Procedure: Walk four meters at your normal pace while timed.