

Using Walking Speed to Classify Individuals as Household vs Community Ambulators

Walking Speed	Classification	Description of Ability Level
<0.40 m/s	Household ambulator	Ranges from requiring wheelchair for bathroom and bedroom mobility to being able to use walking for all household activities but encounters difficulty with stairs and uneven terrain and needs at least supervision for both entering/exiting the house and managing curbs.
0.40 to <0.80 m/s	Limited community ambulator	Ranges from being independent (without supervision) in either entering/exiting the home or managing curbs; requires some assistance in both local store and uncrowded shopping centres to being able to perform without assistance (but may need supervision) in one of the following: local stores or uncrowded shopping centres.
≥0.80 m/s	Community ambulator	Independent in all home and moderate community activities; can accept uneven terrain; and can negotiate a crowded shopping centre with supervision only.

Reference: Perry J, Garrett M, Gronley JK, Mulroy SJ. Classification of walking handicap in the stroke population. *Stroke* 1995;26:982-9.