

EverGuide 4Ms-Plus™: Mobility Summary

M4 – Mobility & Function

Participant: Mary H. Client #: 12345

Facilitator: James Kraft, Ph.D.

Date: February 10, 2025

What Mary Shared

Mary shared that she continues to stay active by walking short distances each day and doing light stretches in the morning. She noted that her balance feels “a little unsure” when she first stands after sitting for a while, but movement tends to steady her quickly. She described using the hallway railing and good lighting as confidence boosters: “If I can see the floor clearly, I feel more in control.” Mary said her goal is to keep doing household chores herself, especially cooking and watering her plants, as these give her a sense of purpose. While she doesn’t use any assistive device indoors, she brings a cane on uneven ground or unfamiliar surfaces. She prefers to move at her own pace and avoid situations that feel rushed. “It’s not fear,” she said, “it’s pacing — I just want to stay on my feet.”

Facilitator Observations

Mary demonstrates steady movement and maintains good posture when walking short distances. She benefits from adequate lighting and clear pathways within her home. Her awareness and pacing strategies appear effective in reducing fatigue and preserving safety. Confidence continues to be the key factor influencing her mobility choices.

Key Insights

- Moves independently with self-awareness and pacing.
- Uses visual and environmental cues for stability.
- Reports stiffness but adapts well with short movement routines.
- Seeks to maintain confidence and autonomy through realistic expectations.

Encouragement to Family

“Mary’s confidence is her compass — walking with her, not for her, will help her trust her own rhythm and balance.”

Suggested Next Steps

- Reinforce lighting and hallway safety supports.
- Encourage daily short walks or stretching routines.
- Reassess balance confidence at next review.
- Explore community movement programs if desired.