

ABLE ASSESS · QUICK START

# The mobile platform for **functional** **assessments.**

Set up Able Assess. For the full step-by-step, see the Able Assess User Guide v1.10.1.

**FOR**

Caregivers and assessors  
using Able Assess

**VERSION**

1.10.1


**SUPPORT**

[support@able-care.co](mailto:support@able-care.co)

— ONE-TIME SETUP

# Get set up, one-time.

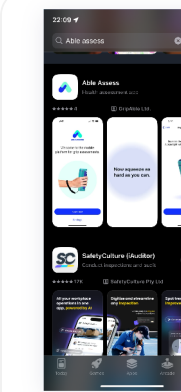
Get started in 5 short steps!



**1**

**Charge the GripAble Sensor**

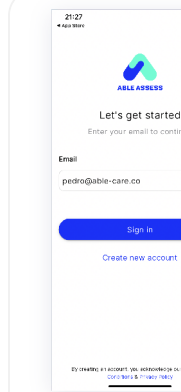
Plug the sensor into a power source and charge until the light turns green (approximately 1.5 hours).



**2**

**Install**

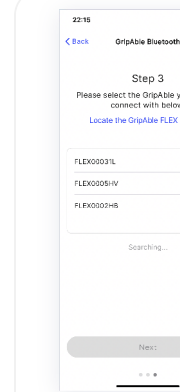
Find Able Assess on the App Store or Google Play and download.



**3**

**Sign in or create account**

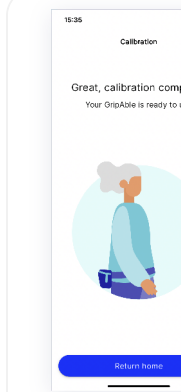
Open the app. Enter your email, then tap **Sign in** or **Create new account**. You'll receive a one-time-passcode (OTP) by email, paste it in.



**4**

**Pair your GripAble**

Allow Bluetooth, squeeze the GripAble (blue light pulses), then tap its FLEX number to pair. The last three characters are unique.



**5**

**Calibrate**

Place the GripAble upright on a flat surface and follow the on-screen prompts.

Tip, stay signed in: Enable PIN or biometrics on your phone (HIPAA-compliant). After your first sign-in, just close and reopen the app, you'll skip the OTP step.

Tip: Org account: Email [hello@able-care.co](mailto:hello@able-care.co) if you'd like a shared organization account set up by our team.

## Quick reference

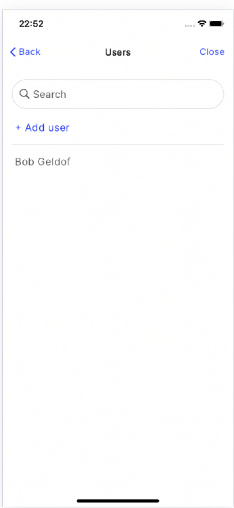
<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>paired and calibrated GripAble</li> <li>the bag and wrist lanyard</li> <li>tape measure</li> <li>sturdy chair without arms</li> <li>6m clear walkway</li> </ul>	<p><b>ASSESSMENTS</b></p> <ul style="list-style-type: none"> <li>Single Maximum Grip Strength</li> <li>Chair Stand Test (CST)</li> <li>Timed Up and Go (TUG)</li> <li>4 Meter Gait Speed (4MGS)</li> </ul>	<p><b>CONTACT</b></p> <ul style="list-style-type: none"> <li><a href="mailto:support@able-care.co">support@able-care.co</a></li> <li>we reply within one working day</li> </ul>
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— EVERYDAY FLOW

# Run a Falls Screening, everyday flow.

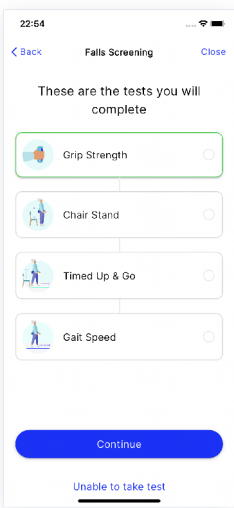
A quick, objective falls assessment in under five minutes.

Before you start: mark a clear walkway with tape at 3m (10ft) for the Timed Up and Go and 6m (20ft) for the 4 Meter Gait Speed.




**1**  
**Select a user**

Tap Go to users, then tap the user you want to assess (or tap Add user to create one).



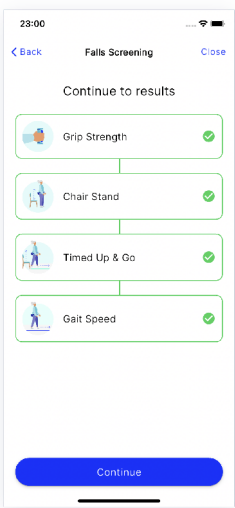
**2**  
**Start Falls Screening**

From the assessments screen, tap Falls Screening.




**3**  
**Run all four tests**

Grip Strength → Chair Stand → Timed Up and Go → 4 Meter Gait Speed. Follow the on-screen setup and instructions for each.



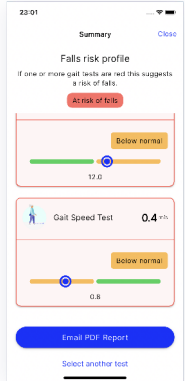
**4**  
**Confirm complete**

Green ticks across all four tests confirm the screening is complete. Skipped assessments will be greyed out.



**5**  
**Review results**

Top-line score per test plus an overall falls-risk indicator. Tap any test to expand and see percentile and threshold.



**6**  
**Email the PDF report**

Tap Email report to send a PDF directly to the email of the account you are logged in with. Results are also saved to the Customer Portal at [portal.able-care.io](https://portal.able-care.io).

Note: Individual assessments do not generate a PDF.

Able Assess: Quick Start Guide v1.10.1

For the full step-by-step guide, see the **Able Assess User Guide v1.10.1**.