

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

— ONE-TIME SETUP

Get set up, one-time.

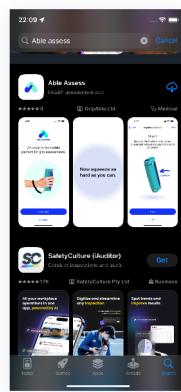
Get started in 5 short steps!



1

Charge the GripAble Sensor

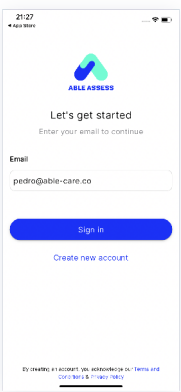
Plug the sensor into a power source and charge until the light turns green (approximately 1.5 hours).



2

Install

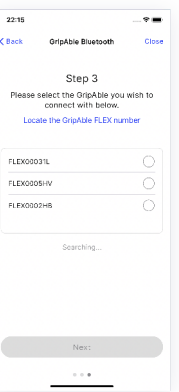
Find Able Assess on the App Store or Google Play and download.



3

Sign in or create account

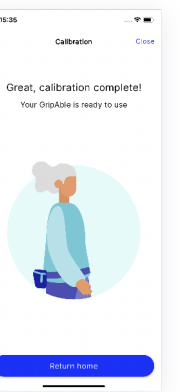
Open the app. Enter your email, then tap **Sign in** or **Create new account**. You'll receive a one-time-passcode (OTP) by email, paste it in.



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 if you'd like a shared organisation account set up by our team.

Quick reference

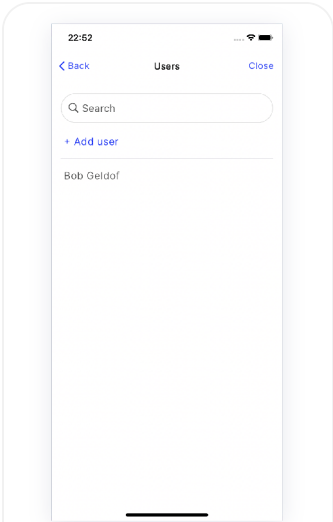
<p>EQUIPMENT</p> <ul style="list-style-type: none"> paired and calibrated GripAble the bag and wrist lanyard tape measure sturdy chair without arms 6m clear walkway 	<p>ASSESSMENTS</p> <ul style="list-style-type: none"> Single Maximum Grip Strength Chair Stand Test (CST) Timed Up and Go (TUG) 4 Metre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

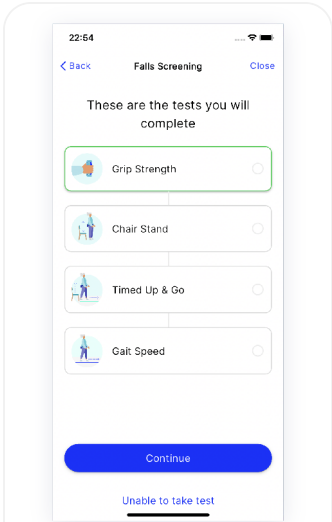
Run a Falls Screening, everyday flow.

A quick, objective falls assessment in under five minutes.

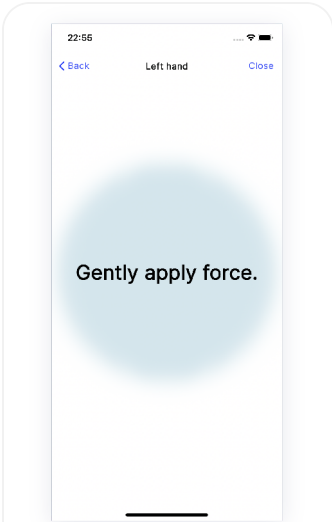
Before you start: mark a clear walkway with tape at 3m (10ft) for the Timed Up and Go and 6m (20ft) for the 4 Metre Gait Speed.



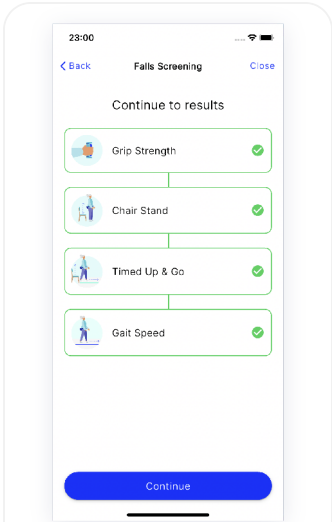
1
Select a user
 Tap Go to users, then tap the user you want to assess (or tap Add user to create one).



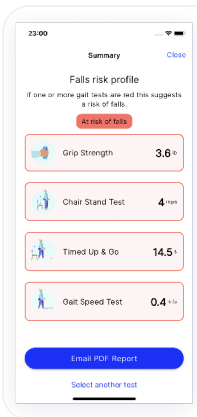
2
Start Falls Screening
 From the assessments screen, tap Falls Screening.



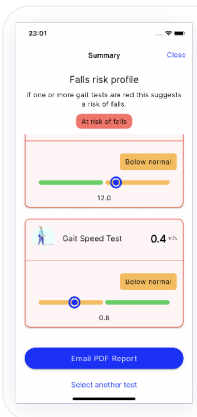
3
Run all four tests
 Grip Strength → Chair Stand → Timed Up and Go → 4 Metre Gait Speed. Follow the on-screen setup and instructions for each.



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.

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**.