

Timed Tests: Timed tests are often used to assess an individual's cognitive or physical abilities within a set time frame. For cognitive assessments, tasks like solving puzzles, answering questions, or completing mental challenges are timed to measure processing speed, attention, and executive functioning. In physical assessments, timed tests can include activities like running, walking a specified distance, or completing exercises within a specific time to evaluate physical fitness and coordination.

Gait Analysis: Gait analysis is a method used to assess a person's manner of walking or movement patterns. It involves observing and measuring aspects like stride length, step width, foot placement, and overall movement coordination. This assessment can provide valuable insights into balance, muscle strength, joint mobility, and potential issues affecting mobility. Gait analysis is commonly used in rehabilitation settings, sports science, and orthopedics to evaluate and improve movement efficiency and identify abnormalities or injuries.

Self-Care Activities Assessment: Assessing self-care activities involves evaluating an individual's ability to independently perform daily tasks necessary for personal hygiene, grooming, dressing, and feeding. This assessment method focuses on assessing functional skills related to activities of daily living (ADLs). It includes tasks like bathing, toileting, cooking, dressing, and managing medications. The assessment helps determine a person's level of independence, need for assistance or adaptive equipment, and overall functional capabilities for living independently or with support