Assessment of Readiness for Mobility Transition (ARMT) Scale

The ARMT is a 24-item (8-item short form) measure of emotional and attitudinal readiness (preparedness) to manage an age-related transition (change) in mobility status, such as the transition from driving to non-driving mobility.

ARMT items are responded to on a 5-point Likert scale (5 = Strongly Agree). Four scores may be derived: Total Score (TS), Subscale 1 (Anticipatory Anxiety), Subscale 2 (Perceived Burden), Subscale 3 (Avoidance), & Subscale 4 (Adverse Situation). Item responses are summed and mean scores are calculated. All scores vary from 1-5 points.

The following respondent (client, patient) handouts are based on Total Score findings from three score ranges:

- **RED** - High Risk / Low Readiness (ARMT TS > 3.57; > 28 on Short Form)
- **YELLOW** - Average Risk / Mixed Readiness (ARMT TS 2.29 to 3.57; 19 – 28 SF)
- **GREEN** - Low Risk / High Readiness (ARMT TS < 2.29; 8 – 18 SF)

Important roles of the ARMT are to (1) promote increased self-awareness concerning age-related mobility change and (2) encourage discussion of present circumstances and potential future needs. These handouts were designed with these two aims in mind.

Each handout provides a general description of the emotional and attitudinal basis for the obtained score, and suggests issues and questions for discussion with the mobility specialist, social service professional, and/or peer counselor.

Primary Reference:


Questions/comments about these handouts may be addressed to Tom Meuser, PhD, University of Missouri – St. Louis (meusert@umsl.edu), or Marla Berg-Weger, PhD, Saint Louis University (bergwm@slu.edu).
Assessment of Readiness for Mobility Transition (ARMT)

Total Mean Score of 3.58+ (> 28 on Short Form) / LOW READINESS

Why was I asked to complete this questionnaire?

The ARMT examines age-related changes in mobility from the perspective of personal feelings and attitudes. You responded to a series of statements, indicating your level of agreement for each. Your total score tells the professional or peer counselor about your beliefs. *Your score is in the “at risk” range, and your responses suggest that you might struggle to adapt should you experience a sudden change in mobility.*

What does my total score on the ARMT say about me?

Your score indicates that you are a proud, independent, self-reliant person. You appreciate doing things for yourself and being in a position to help others. You cope with age-related declines in your health or function by maintaining a positive attitude and focusing on what you still do well. While you are open to receiving help from others at times, you prefer solutions that allow you to remain in control and focused on your personal priorities.

When faced with a mobility transition, such as a need to cut back on driving, you prefer a go-slow, wait-and-see approach. You worry about what your life will be like if you are less mobile than today, and you want to do all that you can to avoid negative outcomes for yourself and your family. Having to rely more on others and burden them with your needs is not an appealing prospect. The thought of declining health and function is anxiety-provoking and you would rather not think about it.

Questions for Consideration & Discussion

- What concerns you most about growing older? What would you avoid if you could?
- What would happen if your present independence changed and you had to rely more on others? How would you feel about yourself?
- Is it possible to remain largely independent and in control, yet also rely on others to live a full, meaningful life? How might this look?
- Does retirement from driving mean an end to quality living? Might it be possible to stop driving and still go to the places and activities you value?
Assessment of Readiness for Mobility Transition (ARMT)

Total Mean Score of 2.29 – 3.57 (19 – 28 SF) / MIXED READINESS

Why was I asked to complete this questionnaire?

The ARMT examines at age-related changes in mobility from the perspective of personal feelings and attitudes. You responded to a series of statements, indicating your level of agreement for each. Your total score tells the professional or peer counselor about your beliefs. Your score suggests you are likely to have some mixed emotions and thoughts should you experience a sudden change in your mobility status.

What does my total score on the ARMT say about me?

Your score indicates that you are thoughtful, considerate, and realistic. You strive to remain as active and engaged as you can, but you also understand that advancing age will present some challenges in time. The thought of facing permanent deficits and dependence on others does not appeal to you, however, and you much prefer to chart a safe and comfortable course on your aging journey. You worry that some age-related adjustments may impact negatively on your quality of life, for example. What you know about aging as an abstract concept also differs from your responses on a feeling level; it is one thing to talk about it and quite another to live it. You have normal worries about it.

When faced a mobility transition, such as a need to cut back on driving, you are open to talking about the issues and exploring your options. Remaining in control is important to you, and so you are likely to respond to external pressure with caution and even skepticism. This does not mean that you are inflexible or unreasonable. You know that age-related changes in health and function are likely, and so it is prudent to plan ahead. You simply want to weigh your options and consider solutions that maximize your function and minimize any burden on others. The bottom line is that you want to maintain a good quality of life.

Questions for Consideration & Discussion

- What aspects of advancing aging may present the biggest challenges for you? Are there outcomes that you wish to avoid if you can?
- Your ability to get yourself from place to place is important. What aspects of your mobility (modes of transit, valued destinations, activities) do you most want to maintain for as long as possible?
- Does retirement from driving mean an end to quality living? Might it be possible to stop driving and still go to the places you value? How might this look?
Assessment of Readiness for Mobility Transition (ARMT)

Total Mean Score of 1–2.28 (8 – 18 Short Form) / HIGH READINESS

Why was I asked to complete this questionnaire?

The ARMT examines at age-related changes in mobility from the perspective of personal feelings and attitudes. You responded to a series of statements, indicating your level of agreement for each. Your total score tells the professional or peer counselor about your beliefs. *Your score suggests that you are well-equipped to manage a sudden change in your mobility status successfully.*

What does my total score on the ARMT say about me?

Your score indicates that you are confident, adaptable and open to new experiences. You understand that aging is a process that requires gradual adaptation over time. You ascribe to a “cup half full” philosophy and appreciate what your life offers in the present, without bemoaning losses now or in the future. This is not to say that you ignore the impact of aging. On the contrary, you recognize that planning for the future is your best opportunity to remain active, mobile and engaged in life. Aging doesn’t frighten you so long as you can make proactive decisions along the way.

When faced a mobility transition, such as a need to cut back on driving, you prefer to face the issue head on and learn your options. You welcome opportunities to consult with persons you trust, including family members and professionals, and you appreciate their observations and input. You are open to accepting help from others and do not view this as causing unnecessary burden. If the car is not a realistic mode of transit for you, then you will find others. Your quality of life is not dependent on one form of mobility or another. You embrace a flexible view of independence.

Questions for Consideration & Discussion

- What does positive mobility mean to you? How does the ability to travel, at will, from place to place, contribute to your quality of life?
- As you think about your future aging experience, what aspects of your mobility (modes of transit, valued destinations, activities) are important to preserve? Conversely, what can you live without?
- What mobility options make the most sense for you where you live now?