

Roberta E. Rikli, C. Jessie Jones. (1997). **Assessing Physical Performance in Independent Older Adults: Issues and Guidelines.** *Journal of Aging and Physical Activity*, 5 (3).

With the projected growth in the older adult population, preventing or delaying physical disability in later years has become a national goal. Evidence suggests that physiological decline, especially that associated with physical inactivity, is modifiable through proper assessment and activity intervention. However, a major limitation in reducing loss of function in later years is the lack of suitable assessment tools. Especially lacking are tests that can measure physical performance on a continuum across the wide range of functioning in the independent, community-residing older adult population. Of special concern is the ability to assess underlying physical parameters associated with common activities of daily living. Additional tools are needed for measuring physical performance in older adults, especially tools that meet established guidelines in terms of reliability, validity, discrimination power, and performance evaluation standards.