# Gerontology

## Functional Abilities

| Gross Motor Skills | • Sit and maintain balance (frequently)  
|                   | • Stand and maintain balance (frequently)  
|                   | • Reach above shoulders (occasionally)  
|                   | • Reach below waist (occasionally)  
|                   | • Work above shoulders (occasionally)  
|                   | • Work overhead (occasionally) |
| Fine Motor Skills | • Finger dexterity (frequently)  
|                   | • Grasp (occasionally)  
|                   | • Pincer grip (occasionally)  
|                   | • Type using a computer/keying in data (frequently)  
|                   | • Twist/pivot (occasionally) |
| Physical Endurance | • Walk (frequently)  
|                   | • Sustain repetitive motion (occasionally) |
| Physical Strength | • Lift up to 20 pounds of weight (occasionally) |
| Mobility | • Stoop/squat (frequently)  
|          | • Climb stairs (occasionally)  
|          | • Bend (occasionally)  
|          | • Kneel (occasionally) |
| Hearing | • Hear normal speech (frequently) |
| Visual | • Near vision (within a few feet) and far vision (frequently) |
| Communication | • Listen and understand spoken words (continuously)  
|                | • Recognize non-verbal cues (continuously)  
|                | • Read and understand written words (continuously)  
|                | • Identify and understand speech of another (continuously)  
|                | • Communicate information and ideas so others understand(continuously) |
| Reasoning | • Ability to produce answers that make sense(continuously)  
|           | • Ability to implement time and fiscal management (continuously)  
|           | • Ability to utilize resources effectively (continuously)  
|           | • Ability to apply knowledge current and new knowledge to job problems (continuously) |
| Work Styles | • Attention to details and thoroughness (continuously)  
|            | • Honest and ethical implementation of work(continuously)  
|            | • Ability to adjust to fluctuating work volume (continuously)  
|            | • Demonstrate confidentiality (continuously)  
|            | • Independent work and self-direction (continuously) |
| Emotional Health | • Good-natured and cooperative attitude (continuously)  
|               | • Adaptability and flexibility (continuously)  
|               | • Maintain composure and emotions (continuously)  
|               | • Manage stress calmly and effectively (continuously) |

Please note: Functional abilities may vary significantly depending on position.