

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE

NAME _____

DATE _____ / _____ / _____

Please indicate your level of confidence over the past week in doing each of the following activities without losing your balance or becoming unsteady by choosing one of the percentage points on the scale from 0% (no confidence) to 100% (completely confident). If you do not currently perform the activity in question, try to imagine how confident you would be if you had to perform the activity within the past week. If you normally use a walking aid or hold onto someone to perform the activity, rate your confidence as it you were using these supports.

(NO CONFIDENCE) 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% (COMPLETELY CONFIDENT)												
How confident are you that you will <u>NOT</u> lose your balance or become unsteady when you...												
1. ...walk around the house?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
2. ...walk up or down stairs?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
3. ...bend over and pick up a slipper from the front of a closet floor?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
4. ...reach for a small can off a shelf at eye level?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
5. ...stand on your tiptoes and reach for something above your head?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
6. ...stand on a chair and reach for something	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
7. ...sweep the floor?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
8. ...walk outside the house to a car parked in the driveway?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
9. ...get into or out of a car?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
10. ...walk across a parking lot to the store?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
11. ...walk up or down a ramp?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
12. ...walk in a crowded store where people rapidly walk past you?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
13. ...are bumped into by people as you walk through the store?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
14. ... step onto or off an escalator while you are holding onto a railing?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
15. ... step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
16. ...walk outside on icy or slick sidewalks?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	