

Activities-Specific Balance Confidence Scale

For each of the following activities, please indicate by circling your level of self-confidence where 0% is "no confidence" and 100% is "completely confident."

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
 No Confidence Completely Confident

How confident are you that you will not 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 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 tip toes 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%

Please see reverse side.

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 at the mall?

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 mall 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 mall?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

14) ...step onto or off of an escalator while holding onto a railing?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

15) ...step onto or off of 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 sidewalks?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%