

## The Activities-specific Balance Confidence (ABC) Scale

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

0%	10	20	30	40	50	60	70	80	90	100%
<b><u>no confidence</u></b>					<b><u>completely confident</u></b>					

**“How confident are you that you will not lose your balance or become unsteady when you...**

1. ...walk around the house? \_\_\_\_\_%
2. ...walk up or down stairs? \_\_\_\_\_%
3. ...bend over and pick up a slipper from the front of a closet floor \_\_\_\_\_%
4. ...reach for a small can off a shelf at eye level? \_\_\_\_\_%
5. ...stand on your tiptoes and reach for something above your head? \_\_\_\_\_%
6. ...stand on a chair and reach for something? \_\_\_\_\_%
7. ...sweep the floor? \_\_\_\_\_%
8. ...walk outside the house to a car parked in the driveway? \_\_\_\_\_%
9. ...get into or out of a car? \_\_\_\_\_%
10. ...walk across a parking lot to the mall? \_\_\_\_\_%
11. ...walk up or down a ramp? \_\_\_\_\_%
12. ...walk in a crowded mall where people rapidly walk past you? \_\_\_\_\_%
13. ...are bumped into by people as you walk through the mall? \_\_\_\_\_%
14. ... step onto or off an escalator while you are holding onto a railing? \_\_\_\_\_%
15. ... step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? \_\_\_\_\_%
16. ...walk outside on icy sidewalks? \_\_\_\_\_%