

Tinetti Falls Efficacy Scale

<p>On a scale from 1 to 10, with 1 being very confident and 10 being not confident at all, how confident are you that you do the following activities without falling?</p>									
1	2	3	4	5	6	7	8	9	10
Very confident					No Confidence				
Activity					Score				
Take a bath or shower									
Reach into cabinets or closets									
Walk around the house									
Prepare meals not requiring carrying heavy or hot objects									
Get in and out of bed									
Answer the door or telephone									
Get in and out of a chair									
Getting dressed and undressed									
Personal grooming (i.e. washing your face)									
Getting on and off of the toilet									
Total									