

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%

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? ____%
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? ____%