

The Activities-Specific Balance Confidence (ABC) Scale

Instructions to Participants:

For each of the following, please indicate your level of confidence in doing the activity without losing your balance or becoming unsteady from choosing one of the percentage points of the scale from 0% to 100%. If you do not currently do the activity in question, try and imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as if you were using these supports. If you have any questions about answering any of these items, please ask the administrator.

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 & pick up a slipper from the front of a closet? _____%
4. Reach for a small can off a shelf at eye level? _____%
5. Stand on your tiptoes & reach for something above your head? _____%
6. Stand on a chair & 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 a mall? _____%
11. Walk in a crowded mall where people rapidly walk past you? _____%
12. Walk up or down a ramp? _____%
13. Are bumped into by people as you walk through the mall? _____%
14. Walk outside on slippery sidewalks? _____%
15. Step onto or off an escalator while you are holding onto a railing? _____%
16. Step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? _____%