



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 & pick up a slipper from the front of a closet door? _____%
4. ...stand on your tiptoes and reach for something above your head? _____%
5. ...reach for a small can off a shelf at eye level? _____%
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 holding onto a railing? _____%
15. ...step onto or off of an escalator while holding onto parcels such that you cannot hold onto the railing? _____%
16. ...walk outside on wet sidewalks? _____%

** Powell LOWER EXTREMITY & Myers AM. The Activities-specific Balance Confidence Scale. Journal of Gerontology Med Sci 1995; 50(1);M28-34.*