

ACTIVITIES SPECIFIC BALANCE CONFIDENCE SCALE (ABC)

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.....

Walk around the house?	%
Walk up or down stairs?	%
Bend over and pick up a slipper from the front of a closet floor?	%
Reach for a small can off a shelf at eye level?	%
Stand on your tiptoes and reach for something above your head?	%
Stand on a chair and reach for something?	%
Sweep the floor?	%
Walk outside the house to a car parked in the driveway?	%
Get into or out of a car?	%
Walk across a parking lot to the mall?	%
Walk up or down a ramp?	%
Walk in a crowded mall where people rapidly walk past you?	%
Are bumped into by people as you walk through the mall?	%
Step onto or off an escalator while you are holding onto a railing?	%
Step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?	%
Walk outside on icy sidewalks?	%