

The Activities-Specific Balance Confidence (ABC) Scale *

Patient Name: _____ Date: _____

| | | | | | | | | | | |
|---------------|-----|-----|-----|-----|----------------------|-----|-----|-----|-----|------|
| 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| No Confidence | | | | | Completely Confident | | | | | |

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

| How confident are you that you will <u>NOT</u> lose your balance or become unsteady when you: | | |
|---|--|---|
| 1. | Walk around the house? | % |
| 2. | Walk up and downstairs? | % |
| 3. | Bend over and pick up a slipper from the front of a closet floor? | % |
| 4. | Reach for a small can from a shelf at eye level? | % |
| 5. | Stand on your tiptoes and reach for something over 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 a driveway? | % |
| 9. | Get into or out of a car? | % |
| 10. | Walk across a parking lot at the mall? | % |
| 11. | Walk up or down a ramp? | % |
| 12. | Walk in a crowded mall where people rapidly walk past you? | % |
| 13. | Are bumped 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 parcels and unable to hold the railing? | % |
| 16. | Walk outside on icy sidewalks? | % |

*Powell LE & Meyers AM. The Activities-Specific Balance Confidence (ABC) Scale. Journal of Gerontology Med Sci 1995; 50(1); M28-34.