



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...**
- ...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? ____%