## The Activities-specific Balance Confidence (ABC) Scale\*

**Instructions to Participants:** 

0%

10

20

30

40

50

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 on the scale form 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 it you were using these supports. If you have any questions about answering any of these items, please ask the administrator.

## The Activities-specific Balance Confidence (ABC) Scale\*

For <u>each</u> of the following activities, please indicate your level of selfconfidence by choosing a corresponding number from the following rating scale:

60

70

80

90

100%

no confidence	completely confident
"How confident are you that you will r	not lose your balance or become
unsteady when you	
1walk around the house?%	
2walk up or down stairs?%	
3bend over and pick up a slipper to	from the front of a closet floor%
4reach for a small can off a shelf a	
5stand on your tiptoes and reach f	for something above your head?%
6stand on a chair and reach for so	mething?%
7sweep the floor?%	· • • • • • • • • • • • • • • • • • • •
3walk outside the house to a car p	arked in the driveway?%
9get into or out of a car?%	
10walk across a parking lot to the	mall?%
<pre>11walk up or down a ramp?</pre>	%
<ol><li>12walk in a crowded mall where p</li></ol>	
13 are bumped into by people as ye	
<ol><li>step onto or off an escalator wl</li></ol>	nile you are holding onto a railing?
%	·
<ol><li>step onto or off an escalator when the state of t</li></ol>	nile holding onto parcels such that you
cannot hold onto the railing?%	
16walk outside on icy sidewalks?	%

<sup>\*</sup>Powell, LE & Myers AM. The Activities-specific Balance Confidence (ABC) Scale. J Gerontol Med Sci 1995; 50(1): M28-34