

## Department of Rehabilitation Services 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:

 0%
 10
 20
 30
 40
 50
 60
 70
 80
 90
 100%

 no confidence

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 or down stairs? \_\_\_\_%
- Bend over and pick up a slipper from the front of a closet floor
   \_\_\_%
- 4. Reach for a small can off a shelf at eye level? \_\_\_\_%
- 5. Stand on your tiptoes and reach for something above 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 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 you are holding onto a railing?
- 15. Step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? \_\_\_\_%
- 16. Walk outside on icy sidewalks? \_\_\_\_%