

The Activities-specific Balance Confidence (ABC) Scale*

Instructions to Participants:

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 if you were using these supports. If you have any questions about answering any of these items, please ask the administrator.

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

			30	40	50	60	70			100% confident	Į.
0% 10 20 30 40 50 60 70 80 90 100% completely confident "How confident are you that you will 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 from the front of a closet floor% 4reach for a small can off a shelf at eye level?% 5stand on your tiptoes and reach for something above your head?% 6stand on a chair and reach for something?% 7sweep the floor?% 8walk outside the house to a car parked in the driveway?% 9get into or out of a car?% 10walk across a parking lot to the mall?% 11walk up or down a ramp?% 12walk in a crowded mall where people rapidly walk past you?% 13are 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?% 16walk outside on icy sidewalks?%											

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