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

For <u>each</u> 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 <u>not</u> 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?%