NAME: _____ DATE: _____

The Activities-specific Balance Confidence (ABC) Scale

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding percentage from the following 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 to pick up a shoe 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 of the house to a car parked in the driveway?	%
Get into or out of the 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?	%
Being bumped into by people as you walk through the mall?	%
Step onto or off of an escalator while you are holding onto a railing?	%
Step onto or off of an escalator while holding bags such that you cannot hold onto the railing?	%
Walk outside on icy sidewalks?	%

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