**Activities-specific Balance Confidence Scale (ABC)**

**The Activities-specific Balance Confidence (ABC) Scale For each 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%: 0% is no confidence; 100% is completely confident .**

**"How confident are you that you will not lose your balance or become unsteady when you”:**

**1. walk around the house? \_\_%**

**2. walk up or down stairs? \_\_%**

**3. 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? \_\_%**

**16. walk outside on icy sidewalks? \_\_%**

**Activities-specific Balance Confidence (ABC) Scale - Instructions for Scoring**

**The ABC is an 11-point scale and ratings should consist of whole numbers (0-100) for each item. Total the ratings (possible range = 0 -1600) and divide by 16 to get each subject's ABC score:**

**80% = high level of physical functioning**

**50-80% = moderate level of physical functioning**

**< 50%. = low level of physical functioning - Myers AM (1998)**

**< 67% = older adults at risk for falling; predictive of future fall - LaJoie Y (2004)**

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

**2. Myers AM, Fletcher PC, Myers AN, Sherk W. Discriminative and evaluative properties of the ABC Scale. J Gerontol A BioI Sci Med Sci. 1998;53:M287-M294.**

**3. LaJoie Y, Gallagher SP. Predicting falls within the elderly community: comparison of postural sway, reaction time, the Berg balance scale and ABC scale for comparing fallers and non-fallers. Arch Gerontol Geriatr.2004;38:11-26.**