

# Activities-Specific Balance Confidence (ABC) Scale

## Rating Scale

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

No confidence

Complete confidence



**How confident are you that you will not lose your balance or become unsteady when you...**

Rating this if you are not using any device if you use an assistive at all times which one would you use?

None, Walker, cane, etc.

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

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

\_\_\_\_% **3.** Bend over and pick up something off the 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? (A)

\_\_\_\_% **6.** Sweep the floor? (A)

\_\_\_\_% **7.** Walk outside the house to a parked car in the driveway?

\_\_\_\_% **8.** Stand on a chair and reach for something?

\_\_\_\_% **9.** Get in or out of a car?

\_\_\_\_% **10.** Walk across a large parking lot?

\_\_\_\_% **11.** Walk up or down a ramp? (A)

\_\_\_\_% **12.** Walk in a crowded place where people rapidly walk past you? (A)

\_\_\_\_% **13.** Are bumped into by people when you are walking? (R)

\_\_\_\_% **14.** Step on or off an escalator while holding the rail? (A)

\_\_\_\_% **15.** Step on or off an escalator while holding items so that you cannot hold the railing? (R)

\_\_\_\_% **16.** Walk outside on the icy or slippery sidewalks? (R)

A = anticipatory R = reactive