

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

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

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%  
No confidence ----- 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 (or item) 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 (store)? \_\_\_\_\_%
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 such that you cannot hold onto the railing? \_\_\_\_\_%
16. Walk outside on icy sidewalks? \_\_\_\_\_%

### **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.

**Total Score:** \_\_\_\_\_