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 form the following rating scale:

0% 10 20 30 40 50 60 70 80 90 100%
No confidence **Completely confident**

"How confident are your 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 tip toes 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 of an escalator while holding onto a railing ?__ ___%
15. …step onto or off of an escalator while holding onto parcels such that you cannot hold onto the railing? _____%
16. …walk outside on wet sidewalks? _____%

Total = ____% overall confidence

*Powell LOWER EXTREMITY & Myers AM. The Activities-specific Balance Confidence (ABC) Scale. Journal of Gerontology Med Sci 1995; 50(1);M28-34. (Used with permission)