

FALL EFFICACY SCALE

On a scale from 1-10, with 1 being Very Confident and 10 being Not at all confident, how confident are you that you do the following activities without falling?

Take a bath or shower

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Reach into cabinets or closets

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Walk around the house

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Prepare meals not requiring carrying heavy or hot objects

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Get in and out of bed

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Answer the door or telephone

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Get in and out of a chair

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Getting dressed and undressed

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Personal grooming (i.e. washing your face)

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident

Getting on and off the toilet

Very Confident 1 2 3 4 5 6 7 8 9 10 Not at all confident