

Falls Efficacy Scale

How concerned are you about the possibility of falling while doing the following activities?

	Not at all concerned 1	Somewhat concerned 2	Fairly concerned 3	Very concerned 4
1. Cleaning the house (sweep, vacuum, dust)				
2. Getting dressed or undressed				
3. Preparing simple meals				
4. Taking a bath or shower				
5. Going to the shop				
6. Getting in or out of a chair				
7. Going up or down stairs				
8. Walking around in the neighborhood				
9. Reaching for something above your head or on the ground				
10. Going to answer the telephone before it stops ringing				
11. Walking on a slippery surface (wet or icy)				
12. Visiting a friend or relative				
13. Walking in a place with crowds				
14. Walking on an uneven surface (rocky ground, poorly maintained pavement)				
15. Walking up or down a slope				
16. Going out to a social event (religious service, family gathering, or club meeting)				