

Falls Efficacy Scale

INSTRUCTIONS: On a scale of 1-10, how confident are you that you can do each of these activities without falling, with 1 being “very confident/ completely sure”, 5 being “fairly confident/ fairly sure”, and 10 being “not at all confident/not sure”?

If you do not currently do the activity for other reasons, please rate that item based on how you perceive you would rate if you had to do the activity today.

Name: _____

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

Person 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 of the toilet

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

Total Score: _____