

FALLS EFFICACY SCALE

NAME	DATE
------	------

**Instructions: On a scale from 1 to 10, with 1 being very confident and 10 being not confident at all, how confident are you that you do the following activities without falling?
Circle one.**

	ACTIVITIES	VERY CONFIDENT					NOT CONFIDENT AT ALL				
1.	Take a bath or shower	1	2	3	4	5	6	7	8	9	10
2.	Reach into cabinets or closets	1	2	3	4	5	6	7	8	9	10
3.	Walk around the house	1	2	3	4	5	6	7	8	9	10
4.	Prepare meals not requiring heavy or hot objects	1	2	3	4	5	6	7	8	9	10
5.	Get in and out of bed	1	2	3	4	5	6	7	8	9	10
6.	Answer the door or telephone	1	2	3	4	5	6	7	8	9	10
7.	Get in and out of a chair	1	2	3	4	5	6	7	8	9	10
8.	Getting dressed and undressed	1	2	3	4	5	6	7	8	9	10
9.	Personal grooming <i>(i.e. washing your face)</i>	1	2	3	4	5	6	7	8	9	10
10.	Getting on and off of the toilet	1	2	3	4	5	6	7	8	9	10