COMPLETE BALANCE SOLUTIONS
INSTITUTE *for* REHAB

Activities Specific Balance Confidence Scale (ABC)

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

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

"How confident are you that you will not lose your balance or become unsteady when you…"

1. …walk around the house? _____%
2. …walk up and 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 you are holding on to a railing? ____%
15. …step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? ____%
16. …walk outside on icy sidewalks? ____%

created by:
Powell, LE, and Myers, AM: The activities-specific balance confidence scale. J Gerontology 50 A: M28, 1995.

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