



## Activities Specific Balance Confidence Scale (ABC)

### Instructions to Participants:

Indicate your level of confidence doing the activity specified without losing your balance. Choose one of the percentages on the scale below. If you do not currently do the activity in question, try to imagine how confident you would feel if you had to do the activity. If you normally use a walking aid, hold onto a railing or hold onto someone else, rate your confidence as if you were using these supports.

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? \_\_\_\_\_%

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