ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE

Appendix 1

Client Name: <u>Abu Gee</u>   Date: <u>5/9/23</u>   Therapist: <u>Aamir Aboosally</u>

*THE ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE**

For <u>each</u> 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 <u>not</u> lose your balance or become unsteady when you . . .

1.   . . . walk around the house? <u>70</u> %

2.   . . . walk up or down stairs? <u>60</u> %

3.   . . . bend over and pick up a slipper from front of a closet floor? <u>100</u> %

4.   . . . reach for a small can off a shelf at eye level? <u>100</u> %

5.   . . . stand on tip toes and reach for something above your head? <u>80</u> %

6.   . . . stand on a chair and reach for something? <u>60</u> %

7.   . . . sweep the floor? <u>100</u> %

8.   . . . walk outside the house to a car parked in the driveway? <u>50</u> %

9.   . . . get into or out of a car? <u>60</u> %

10.   . . . walk across a parking lot to the mall? <u>40</u> %

11.   . . . walk up or down a ramp? <u>40</u> %

12.   . . . walk in a crowded mall where people rapidly walk past you? <u>30</u> %

13.   . . . are bumped into by people as you walk through the mall? <u>20</u> %

14.   . . . step onto or off of an escalator while you are holding onto a railing?
       <u>40</u> %

15.   . . . step onto or off an escalator while holding onto parcels such that you
          cannot hold onto the railing? <u>10</u> %

16.   . . . walk outside on icy sidewalks? <u>10</u> %

Total: <u>870</u> /<u>0</u> = <u>   </u>