

# ABC Scale (Activities-Specific Balance Confidence Scale)

## Patient Information

Your full name:

Date assessed:

Clinician's full name:

**Instructions:** *Please answer each item, all of which are examples of ambulatory activities. Please rate your confidence in being able to perform them between 0% to 100% in increments of 10% (e.g. 10%, 20%, 30%, and so on) on the right column.*

**How confident are you that you will not lose your balance or become unsteady when you...**

...walk around the house?	%
...walk up or down stairs?	%
...bend over and pick up a slipper from the front of a closet floor?	%
...reach for a small can off a shelf at eye level?	%
...stand on tip toes and reach for something above your head?	%
...stand on a chair and reach for something?	%
...sweep the floor?	%
...walk outside the house to a car parked in the driveway?	%
...get into or out of a car?	%
...walk across a parking lot to the mall?	%
...walk up or down a ramp?	%
...walk in a crowded mall where people rapidly walk past you?	%
...are bumped into by people as you walk through the mall?	%
...step onto or off of an escalator while you are holding onto a railing	%
...step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing	%
...walk outside on icy sidewalks?	%

**Total Score:**     / 16 =

## **Score Interpretations:**

- A score of 49% or lower means that they have a low level of physical functioning
- A score of 50% to 80% means that they have a moderate level of physical functioning
- A score of 81% or higher means that they have a high level of physical functioning
- A score of 67% or lower means they have a substantial risk of falling

*Powell LE, Myers AM. The activities-specific balance confidence (ABC) scale. J Gerontol A Biol Sci Med Sci. 1995;50:M28-M34*