

Falls Efficacy Scale

NAME: _____

DATE: _____

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 could do each of these tasks **without falling**; **circle** the MOST appropriate number.

Take a bath or shower

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Reach into cabinets or closets

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Walk around the house

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Prepare meals not requiring carrying heavy or hot objects

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Get in and out of bed

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Answer the door or telephone

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Get in and out of a chair

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Getting dressed and undressed

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Personal grooming (i.e. washing your face)

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident

Getting on and off of the toilet

1: Very Confident 2 3 4 5 6 7 8 9 10: Not At All Confident