

Falls Efficacy Scale

Please circle a number based on your confidence level (NOT your pain level) when performing these activities below. The number 1 means that you are very confident that you WILL NOT fall while performing this activity.

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 the toilet

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