

## Activities-Specific Balance Confidence (ABC) Scale

Free, <https://www.sralab.org/rehabilitation-measures/activities-specific-balance-confidence-scale>

Pop	Time	Purpose	Measures	Scoring	Notes
Adults, older adults (MS, PD, CVA)	20 mins	Measures balance confidence in performing various activities without falling or experiencing a sense of unsteadiness	Walking around the house Walk up or down stairs Bend over and pick up a slipper from 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 Steps onto or off of an escalator while you are holding onto a railing Step onto or off an escalator while onto parcels such that you cannot hold onto the railing] Walk outside on icy sidewalks	This is a 16-item tool.  Person rates their perceived balance confidence along an analog scale of 0-100  0 = no confidence 100 = complete confidence  If a person doesn't do the activity, client is asked to image how confidence s/he would be if had to the activity.  If a person uses a mobility aid or holds onto someone or something, they can rate their confidence as if they were using these supports.  Sum scores and divide by 16	



## **Narrative Summary of Findings**

Here's an example of how you might document the above findings:

According to the Activities-Specific Balance Confidence (ABC) Scale, on a scale of 0-100 (low to high) pt reports overall balance confidence in performing various activities as 68.31%.