## Activities-Specific Balance Confidence (ABC) Scale
Free, [https://www.sralab.org/rehabilitation-measures/activities-specific-balance-confidence-scale](https://www.sralab.org/rehabilitation-measures/activities-specific-balance-confidence-scale)

<table>
<thead>
<tr>
<th>Pop</th>
<th>Time</th>
<th>Purpose</th>
<th>Measures</th>
<th>Scoring</th>
<th>Notes</th>
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| 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 |
ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE
Appendix 1

Client Name: ______________ Date: ______________ Therapist: ______________

THE ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE*
For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

<table>
<thead>
<tr>
<th>0%</th>
<th>10</th>
<th>20</th>
<th>30</th>
<th>40</th>
<th>50</th>
<th>60</th>
<th>70</th>
<th>80</th>
<th>90</th>
<th>100%</th>
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<tbody>
<tr>
<td>No confidence</td>
<td>completely confident</td>
<td></td>
<td></td>
<td></td>
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“How confident are you that you will not lose your balance or become unsteady when you . . .

1. . . walk around the house? 90 %
2. . . walk up or down stairs? 80 %
3. . . bend over and pick up a slipper from front of a closet floor? 70 %
4. . . reach for a small can off a shelf at eye level? 100 %
5. . . stand on tip toes and reach for something above your head? 90 %
6. . . stand on a chair and reach for something? 10 %
7. . . sweep the floor? 80 %
8. . . walk outside the house to a car parked in the driveway? 90 %
9. . . get into or out of a car? 100 %
10. . . walk across a parking lot to the mall? 90 %
11. . . walk up or down a ramp? 80 %
12. . . walk in a crowded mall where people rapidly walk past you? 80 %
13. . . are bumped into by people as you walk through the mall? 70 %
14. . . step onto or off of an escalator while you are holding onto a railing?
   ______ %
15. . . step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?
   ______ %
16. . . walk outside on icy sidewalks? ______ %

1093/16 = 68.31%
NarrativeSummaryofFindings

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%.