^	Time		tion-measures/activities-specific-balance-c Measures		Notes
Pop	Time	Purpose	Measures	Scoring	Notes
Adults, older	20	Measures	Walking around the house	This is a 16-item tool.	
adults (MS,	mins	balance	Walk up or down stairs		
PD, CVA)		confidence	Bend over and pick up a slipper from	Person rates their perceived	
		in	front of a closet floor	balance confidence along an	
		performing	Reach for a small can off a shelf at eye	analog scale of 0-100	
		various	level		
		activities	Stand on tip toes and reach for	0 = no confidence	
		without	something above your head	100 = complete confidence	
		falling or	Stand on a chair and reach for		
		experiencing	something	If a person doesn't do the	
		a sense of	Sweep the floor	activity, client is asked to	
		unsteadiness	Walk outside the house to a car parked	image how confidence s/he	
			in the driveway	would be if had to the activity.	
			Get into or out of a car		
			Walk across a parking lot to the mall	If a person uses a mobility aid	
			Walk up or down a ramp	or holds onto someone or	
			Walk in a crowded mall where people	something, they can rate their	
			rapidly walk past you	confidence as if they were	
			Are bumped into by people as you walk through the mall	using these supports.	
			Steps onto or off of an escalator while you are holding onto a railing	Sum scores and divide by 16	
			Step onto or off an escalator while onto		
			parcels such that you cannot hold onto		
			the railing]		
			Walk outside on icy sidewalks		

ABC Scale Completed Example

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE Appendix 1

Client Name				_Date:			Therapist:				
THE ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE* For <u>each</u> of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:											
	0% No co	10 onfiden	20 ce	30	40	50	60	70	80 com	90 pletely (100% confident
"How	confid	ent are	you the	at you	will <u>no</u>	<u>t</u> lose y	our bal	ance of	becom	ie unste	ady when you
1.	wa	alk arou	nd the h	ouse?	<mark>90</mark> %						
2.	w	alk up or	r down	stairs?	<u>80</u> %						
3.	be	end over	and pic	k up a	slipper	from f	ront of a	a closet	floor? _	<mark>70</mark>	_%
4.	re	ach for a	a small	can off	a shelf	at eye	level?	<u>100</u> %	ó		
5.	stand on tip toes and reach for something above your head? <u>90</u> %										
6.	stand on a chair and reach for something? <u>10</u> %										
7.	sweep the floor? <mark>80</mark> %										
8.	W	alk outsi	ide the l	iouse t	o a car j	parked	in the d	riveway	7? <mark>_90</mark> %		
9.	ge	et into or	out of	a car?	<mark>100</mark> %						
10.	W	alk acros	ss a par	king lo	t to the	mall? _	<mark>90</mark> 9	<i>/</i> o			
11.	W	alk up o	r down	a ramp	? <mark>80</mark> 9	%					
12.	W	alk in a o	crowde	d mall	where p	eople 1	apidly v	valk pa	st you?	<mark>_80</mark> %	
13.	ar	e bumpe	ed into l	oy peop	ole as yo	ou wall	c throug	h the m	all? <mark>7</mark>	<u>'0</u>	%
14.	ste	ep onto o	or off o	f an eso	calator v	while y	ou are h	olding	onto a r	ailing?	
		<mark>0</mark> 9	%								
15.	ste	ep onto o	or off a	1 escala	ator wh	ile hold	ling onto	o parcel	s such t	hat you	
	ca	nnot hol	ld onto	the rail	ing? _	<mark>0_</mark> %					
16.	W	alk outsi	ide on i	ey side	walks?	0	%				

1093/16 = 68.31%

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%.