

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 do the following activities without falling?

ACTIVITY

SCORE 1 - 10

Take a bath or shower	
Reach into cabinets or closets	
Walk around the house	
Prepare meals not requiring carrying heavy or hot objects	
Get in and out of bed	
Answer the door or telephone	
Get in and out of a chair	
Getting dressed and undressed	
Personal grooming (i.e. washing your face)	
Getting on and off of the toilet	
TOTAL	

A total score of greater than 70 indicates that the person has a fear of falling

Source: Tinetti, M, Richman, D, Powell, L. (1990). Falls Efficacy as a Measure of Fear or Falling. *Journal of Gerontology*. 45;239