ABC Scale

Patient Identification Number	Survey Date MM DD YYYY

How confident are you that you will not lose your balance or become unsteady when you:	0 No Confidence	10	20	30	40	50 Somewhat Confident	60	70	80	90	100 Completely Confident
1. walk around the house?											
2. walk up or down stairs?											
3. bend over and pick up a slipper from front of a closet floor?											
4. reach for a small can off a shelf at eye level?											
5. stand on tip toes and reach for something above your head?											
6. stand on a chair and reach for something above your head?											
7. sweep the floor?											
8. walk outside the house to a car parked in the driveway?											
9. get into or out of a car?											
10. when you walk across a parking lot to the mall?											
11. when you walk up or down a ramp?											
12. when you walk in a crowded mall where people rapidly walk past you?											
13. are bumped into by people as you walk through the mall?											
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?											