

## Modified Falls Efficacy Scale\*

Instructions: For each statement circle the level of confidence expressed, using the code below.

**0= No confidence at all to 10 = Extreme confidence**

*How confident are you that you can do the following without falling?*

1.	Get dressed and undressed	0	1	2	3	4	5	6	7	8	9	10
2.	Prepare a simple meal	0	1	2	3	4	5	6	7	8	9	10
3.	Take a bath or a shower	0	1	2	3	4	5	6	7	8	9	10
4.	Get in/out of a chair	0	1	2	3	4	5	6	7	8	9	10
5.	Get in/out of bed	0	1	2	3	4	5	6	7	8	9	10
6.	Answer the door or telephone	0	1	2	3	4	5	6	7	8	9	10
7.	Walk around the inside of your house	0	1	2	3	4	5	6	7	8	9	10
8.	Reach into cabinets or closets	0	1	2	3	4	5	6	7	8	9	10
9.	Light housekeeping	0	1	2	3	4	5	6	7	8	9	10
10.	Simple shopping	0	1	2	3	4	5	6	7	8	9	10
11.	Using public transportation	0	1	2	3	4	5	6	7	8	9	10
12.	Crossing roads	0	1	2	3	4	5	6	7	8	9	10
13.	Light gardening or hanging out the washing	0	1	2	3	4	5	6	7	8	9	10
14.	Using front or rear steps at home	0	1	2	3	4	5	6	7	8	9	10

**Score = Total \_\_\_\_\_ /14 = \_\_\_\_\_**

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\*Modified from Hill KD, Schwarz JA, Kalogeropoulos AJ, Gibson, SJ. *Fear of Falling Revisited*. Arch Phys Med Rehabil. 1996;77:1025-102