

# 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?

| <b>Activity:</b>  | <b>Score:</b><br>1 = very confident<br>10 = not confident at all |
|---|--|
| 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                          |  |
| <b>Total Score</b>  |  |

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

Adapted from Tinetti et al (1990)

## References:

Tinetti, M., D. Richman, et al. (1990). "Falls efficacy as a measure of fear of falling." Journal of gerontology **45**(6): P239.