

# REM Audiology Associates P.C.

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_  
 DATE OF TEST: \_\_\_\_\_ (Circle One): INITIAL FOLLOW UP DISCHARGE

## The Activities-Specific Balance Confidence (ABC) Scale\*

For each of the following, please indicate your level of confidence in doing the activity without losing your balance or becoming unsteady from choosing one of the percentage points on the scale from 0% to 100%. If you do not currently do the activity in question, try to imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as if you were using these supports. If you have any questions about answering any of these items, please ask the administrator.

FOR EACH OF THE FOLLOWING ACTIVITIES, PLEASE INDICATE YOUR LEVEL OF SELF-CONFIDENCE BY CHOOSING A CORRESPONDING NUMBER FROM THE FOLLOWING RATING SCALE:

0%    10    20    30    40    50    60    70    80    90    100%

No confidence completely confident

“How confident are you that you WILL NOT lose your balance or become unsteady when you...

	Activity	confidence
1	...walk around the house?"	%
2	...walk up or down the stairs?"	%
3	...bend over and pick up a slipper from the front of a closet door?"	%
4	...reach for a small can off a shelf at eye level?"	%
5	...stand on your tiptoes and reach for something above your head?"	%
6	...stand on a chair and reach for something?"	%
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	...walk across a parking lot to the mall?"	%
11	...walk up or down a ramp?"	%
12	...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 an escalator while holding onto a railing?"	%
15	...step onto or off an escalator while holding onto parcels such that you can't hold onto a railing?"	%
16	...walk outside on icy sidewalks?"	%

\*Powell, LE & Myers AM. The Activities-Specific Balance Confidence (ABC) Scale. *J Gerontol Med Sci* 1995; 50(1): M28-34

SUM OF PERCENTAGES ÷ NUMBER OF ITEMS ANSWERED = ABC SCALE RESULT		
SUM OF %:	NUMBER OF ITEMS:	ABC SCORE:

Clinician Signature: \_\_\_\_\_