

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE

Name: _____

Date: _____

INSTRUCTIONS: For each of the following 12 activities, please indicate your level of self-confidence by choosing a corresponding number from the scale of 1 (Not at all confident) to 10 (Completely confident).

HOW CONFIDENT ARE YOU THAT YOU WILL NOT LOSE YOUR BALANCE OR BECOME UNSTEADY WHEN YOU...

1. Walk around the house?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

2. Walk up and down stairs?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

3. Bend over and pick up something off the floor?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

4. Reach for a small can off a shelf at eye level?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

5. Stand on your tip toes and reach for something above your head?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

6. Walking on uneven surfaces, i.e. footpath, grass, etc.?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

7. Sweep the floor?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

8. Walk outside the house to a car parked in the driveway?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

9. Get into and out of a chair/bed?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

10. Walk up a ramp?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

11. Walk in a crowded shopping centre where people rapidly walk past you?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

12. Step on or off escalator while holding onto the railing?

1	2	3	4	5	6	7	8	9	10
Not at all confident		Somewhat confident		Moderately confident			Quite confident		Completely confident

YOUR ACTIVITIES-SPECIFIC BALANCE CONFIDENCE SCORE _____

SCORING (APPLIES TO ABOVE QUESTIONS 1 TO 12 ONLY)

12-24 NOT VERY CONFIDENT Balance exercises must be programmed

25-48 SOMEWHAT CONFIDENT Balance exercises must be programmed

49-72 MODERATELY CONFIDENT Balance exercises must be programmed

73-96 MOSTLY CONFIDENT Balance exercises to address problem areas

97+ COMPLETELY CONFIDENT Balance exercises are not required

Please also see the enclosed resource titled “How many of these questions do you fall down on?”. Answer the questions and use the resources to see what falls prevention measures you can put in place to reduce the risk of falling. Strength for Life (formerly Living Longer Living Stronger™) and COTA (WA) would like to acknowledge the work of the WA Department of Health and Stay On Your Feet® WA program for the development of this resource.

More information can be obtained from the Stay On Your Feet® WA Resource Information Centre on 9420 7212 or by visiting www.stayonyourfeet.com.au

