

The Modified Falls Efficacy Scale

Directions: On a scale of 0 to 10, how confident are you that you can do each of these activities without falling, with 0 meaning "not confident/ not sure at all"; 5 being "fairly confident/ fairly sure"; and 10 being "completely confident/completely sure"?

Please Note: If you have stopped doing the activity at least partly because of being afraid of falling, score a 0.

If you have stopped an activity purely because of a physical problem, leave that item blank.

If you do not currently do the activity for other reasons, please rate that item based on how you perceive you would rate it if you had to do the activity today.

	Activity	0	1	2	3	4	5	6	7	8	9	10
1.	Get dressed and undressed											
2.	Prepare a simple meal											
3.	Take a bath or shower											
4.	Get in/out of a chair											
5.	Get in/out of bed											
6.	Answer the door or telephone											
7.	Walk around the inside of your house											
8.	Reach into cabinets or closet											
9.	Light housekeeping											
10.	Simple shopping											
11.	Using public transport											
12.	Crossing roads											
13.	Light gardening or hanging out the washing (rate most commonly performed of these activities)											
14.	Using front or rear steps at home											
TOTAL ALL COLUMNS												
ADD ALL COLUMN TOTALS AND DIVIDE BY 10												
ENTER THIS NUMBER ON FRASST ITEM 13												

Adapted from Timetti et al, 1990; Hill et al, 1996