

ABC Scale

... walk around the house?

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100%

... walk up or down stairs?

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100%

... bend over and pick up a slipper from the front of a closet floor?

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... reach for a small can off a shelf at eye level?

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100%

... stand on your tiptoes and reach for something above your head?

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100%

... stand on a chair and reach for something?

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100%

... sweep the floor?

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100%

... walk outside the house to a car parked in the driveway?

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100%

... get into or out of a car?

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100%

... walk across a parking lot to the mall?

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100%

... walk up or down a ramp?

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100%

... walk in a crowded mall where people rapidly walk past you?

0%

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100%

... are bumped into by people as you walk through the mall?

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100%

... step onto or off an escalator while you are holding onto a railing?

0%

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100%

... step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?

0%

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100%

... walk outside on icy sidewalks?

0%

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80

90

100%

- 1995; 50(1): M28-34
2. Myers AM, Fletcher PC, Myers AN, Sherk W. Discriminative and evaluative properties of the ABC Scale. J Gerontol A Biol Sci Med Sci. 1998;53:M287-M294.
 3. Lajoie Y, Gallagher SP. Predicting falls within the elderly community: comparison of postural sway, reaction time, the Berg balance scale and ABC scale for comparing fallers and non-fallers. Arch Gerontol Geriatr. 2004;38:11-26.
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