

## Falls Efficacy Scale

***INSTRUCTIONS:*** On a scale of 1 to 10, with **1** being **Very Confident** and **10** being **Not Confident At All**, how confident are you that you can perform these activities without falling.

---

**Take a bath or shower**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Reach into cabinets or closets**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Walk around the house**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Prepare meals not requiring carrying heavy or hot objects**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Get in and out of bed**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Answer the door or telephone**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Get in and out of a chair**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Getting dressed and undressed**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Personal grooming (i.e. washing your face)**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

**Getting on and off of the toilet**

1: Very Confident    2    3    4    5    6    7    8    9    10: Not At All Confident

---

Powered By **WEB PT**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_