

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

### ***Falls Efficacy Scale***

On a scale of 1-10, with 1 representing being VERY confident and 10 being NOT CONFIDENT at all, how confident are you that you can perform the following activities without falling?

Activity	Score 1 = very confident 10 = Not confident
Take a bath or shower	
Reach into cabinets or closets	
Walking around the house	
Prepare meals, not requiring carrying heavy or hot objects	
Getting in and out of bed	
Answer the telephone	
Getting in and out of a chair	
Getting dressed or undressed	
Personal grooming (ie washing your face, fixing your hair, putting on make-up, or shaving)	
Getting on and off of the toilet	
<b>Total Score:</b>	

*Adapted from the Tinetti et al 1990*

A score totaling greater than 70 represents an individual that has a fear of falling.