

**Form 3.8**

Balance Efficacy Scale

Name: _____ Date of test: _____

The following are a series of tasks that you may encounter in daily life. Please indicate how confident you are, *today*, that you can complete each of these tasks without losing your balance. Your answers are confidential. *Please answer the way you feel and not how you think you should feel.*

Circle one number from 0-100 percent.

1. How confident are you that you can get up out of a chair (using your hands) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

2. How confident are you that you can get up out of a chair (*not* using your hands) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

3. How confident are you that you can walk up a flight of 10 stairs (using the handrail) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

4. How confident are you that you can walk up a flight of 10 stairs (*not* using the handrail) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

5. How confident are you that you can get out of bed without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

6. How confident are you that you can get into or out of a shower or bathtub (*with* the assistance of a handrail or wall) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

7. How confident are you that you can get into or out of a shower or bathtub (*with no* assistance from a handrail or wall) without losing your balance?

0 percent 10 20 30 40 50 60 70 80 90 100 percent
Not at all confident Somewhat confident Absolutely confident

8. How confident are you that you can walk down a flight of 10 stairs (using the handrail) without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
9. How confident are you that you can walk down a flight of 10 stairs (*not* using the handrail) without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
10. How confident are you that you can remove an object from a cupboard *located at a height that is level with your shoulder* without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
11. How confident are you that you can remove an object from a cupboard *located above your head* without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
12. How confident are you that you can walk across uneven ground (with assistance) when good lighting is available without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
13. How confident are you that you can walk across uneven ground (with *no* assistance) when good lighting is available without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
14. How confident are you that you can walk across uneven ground (with assistance) at night without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
15. How confident are you that you can walk across uneven ground (with *no* assistance) at night without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |
16. How confident are you that you can stand on one leg (with support) while putting on a pair of trousers without losing your balance?
- | | | | | | | | | | | |
|----------------------|----|----|--------------------|----|----|----|----|----------------------|----|-------------|
| 0 percent | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 percent |
| Not at all confident | | | Somewhat confident | | | | | Absolutely confident | | |

(continued)

17. How confident are you that you can stand on one leg (with *no* support) while putting on a pair of trousers without losing your balance?

0 percent	10	20	30	40	50	60	70	80	90	100 percent
Not at all confident			Somewhat confident					Absolutely confident		

18. How confident are you that you can complete a daily task *quickly* without losing your balance?

0 percent	10	20	30	40	50	60	70	80	90	100 percent
Not at all confident			Somewhat confident					Absolutely confident		

Lastly, we are interested in understanding what factors affect your confidence levels. On the following lines, please provide reasons for answering the way you did on questions 1 through 18. For example, if you answered that you were not at all confident, why do you feel that way? If you were not at all confident about an activity because you no longer do it very often (e.g., climb stairs, walk on uneven ground), we would like to know that also.
