

# Falls Efficacy Scale



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

## 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 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