Instruction to Participants

For each of the following, please indicate your level of confidence in doing the activity without losing your balance or becoming unsteady by choosing one of the percentage points on the scale from 0% to 100%. If you do not currently do the activity in question, try and imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as if you were using these supports.

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

0%	10	20	30	40	50	60	70	80	90	100%
no confidence										completely confident

"How confident are you that you will not lose balance or become unsteady when you….

1 … walk around the house? _____ %
2. … walk up or down stairs? _____ %
3. … bend over and pick up a slipper from the front of a closet floor? _____ %
4. … reach for a small can off a shelf at eye level? _____ %
5. … stand on your tip toes and reach for something above your head? _____ %
6. … stand on a chair and reach for something? _____ %
7. … sweep the floor? _____ %
8. … walk outside the house to a car parked in the driveway? _____ %
9. … get into or out of a car? _____ %
10. .. walk across a parking lot to the mall? _____ %
11. .. walk up or down a ramp? _____ %
12. .. walk in a crowded mall where people rapidly walk past you? _____ %
13. .. are bumped into by people as you walk through the mall? _____ %
14. .. step onto or off of an escalator while you are holding onto a railing? _____ %
15. .. step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? _____ %
16. .. walk outside on icy sidewalks? _____ %

Instruction for Scoring

The ABC is an 11-point scale and ratings should consist of whole numbers (0 to 100) for each item. Total the ratings (possible range = 0 to 1600) and divide by 16 to get each subject's ABC score. If a subject qualifies his/her response to items #2, #9, #11, #14 or #15 (different ratings for "up" vs "down" or "onto" vs "off"), solicit separate ratings and use the lowest confidence of the two (as this will limit the entire activity, for instance likelihood for using the stairs).

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