Name:

The Modified Falls Efficacy Scale

Directions: On a scale of 0-10, how confident are you that you can do each of these activities without falling.

0 = "not confident/ not sure at all"

5 = "fairly confident/ fairly sure"

10 = "completely confident/ completely sure"

Please note, if you have stopped doing the activity at least partly because of being afraid of falling, score a 0.

If you have stopped an activity purely because of a physical problem, leave that item blank.

If you do not currently do the activity for other reasons, please rate that item based on how you perceive you would rate it if you had to do the activity today.

	Activity	0	1	2	3	4	5	6	7	8	9	10
1	Get dressed and undressed											
2	Prepare a simple meal											
3	Take a bath or shower											
4	Get in/out of a chair											
5	Get in/out of bed											
6	Answer the door or telephone											
7	Walk around inside your house											
8	Reach into cabinets or closets											
9	Light housekeeping											
10	Simple shopping											
11	Using public transports											
12	Crossing roads											
13	Light gardening or yard work											
14	Using steps or stairs in home											
totals												