



# FALLS EFFICACY SCALE

ID NUMBER:

FORM CODE:  F  E  S

DATE: 04/01/2016  
Version 1.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date:   /   /      
Month Day Year

0b. Staff ID:

**INTERVIEWER INSTRUCTIONS:** Please hand the participant the response card that includes a description of the likert scale (1-4). Please read the following to the participant:

**“We would like to learn more about how concerned you are about the possibility of falling. I am going to read a list of activities and I would like you to tell me how concerned you are, on scale from 1 to 4, that you may fall if you did this activity. As indicated on this card, 1 indicates not at all concerned; 2-somewhat concerned; 3-fairly concerned; and 4-very concerned.**

**Please reply thinking about how you usually do the activity. If you currently don’t do the activity (example: if someone does your shopping for you), please answer about the level of concern for falling you think you would have IF you did the activity.”**

## Falls Efficacy Scale International

**“How concerned are you about falling when....?”**

		Not at all concerned	Somewhat Concerned	Fairly Concerned	Very Concerned
1	Cleaning the house, such as sweeping or vacuuming	1	2	3	4
2	Getting dressed or undressed	1	2	3	4
3	Preparing simple meals	1	2	3	4
4	Taking a bath or shower	1	2	3	4
5	Going shopping	1	2	3	4
6	Getting in or out of a chair	1	2	3	4
7	Going up or down stairs	1	2	3	4
8	Walking around in the neighborhood	1	2	3	4
9	Reaching for something above your head or on the ground	1	2	3	4
10	Going to answer the telephone before it stops ringing	1	2	3	4
11	Walking on a slippery surface, such as wet or icy floor	1	2	3	4

		<b>Not at all concerned</b>	<b>Somewhat Concerned</b>	<b>Fairly Concerned</b>	<b>Very Concerned</b>
12	Visiting a friend or relative	1	2	3	4
13	Walking in a place with crowds	1	2	3	4
14	Walking on an uneven surface, such as rocky ground	1	2	3	4
15	Walking up or down a slope	1	2	3	4
16	Going out to a social event, such as church or family gathering	1	2	3	4

**FALLS EFFICACY RESPONSE CARD**

Not at all concerned	Somewhat Concerned	Fairly Concerned	Very Concerned
1	2	3	4