



INSTRUCTIONS FOR THE FALLS EFFICACY SCALE - INTERNATIONAL (FES)

I. General Instructions

The Falls Efficacy Scale International is a 16-item questionnaire developed to measure an older adult's confidence level with performing certain tasks with respect to their fear or concern with falling (Yardley et al., 2005).

This scale measures concern on a 4-item Likert scale ranging from 1=not at all concerned to 4=very concerned. These items are summed for a total FES Score. This score is categorized by three levels of concern including: 1) low concern: 16-19; 2) moderate concern: 20-27; and 3) high concern 28-64.

II. Detailed Instructions for each Item

0a. Enter date the survey was completed.

0b. Enter the staff ID for the person who completed this form.

Hand the participant the response card and read the opening script:

"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."

Items 1 to 16: Read items as written, but precede by saying "how concerned are you about falling when...". Circle the participant's corresponding answer of 1, 2, 3 or 4.

References

Yardley L, Beyer N, Hauer K, Kempen G, Piot-Ziegler C, Todd C. Development and initial validation of the Falls Efficacy Scale-International (FES-I). *Age Ageing* 2005; 34: 614–9.