



## Bodies In Balance Physical Therapy Falls Efficacy Scale- International (FES-I)

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

Please **CIRCLE ONE** opinion closest to your own to show how concerned you are that you might fall. Please reply thinking about how you usually do the activity. If you currently don't do the activity, please answer to show whether you think you would be concerned about falling **IF** you did the activity.

1. Cleaning the house (e.g. sweep, vacuum or dust)	Not at all	Somewhat concerned	Fairly concerned	Very concerned
2. Walking on an uneven surface (e.g. rocky ground, poorly maintained pavement)	Not at all	Somewhat concerned	Fairly concerned	Very concerned
3. Going up and down stairs	Not at all	Somewhat concerned	Fairly concerned	Very concerned
4. Preparing simple meals	Not at all	Somewhat concerned	Fairly concerned	Very concerned
5. Getting in or out of a chair	Not at all	Somewhat concerned	Fairly concerned	Very concerned
6. Walking up or down a slope	Not at all	Somewhat concerned	Fairly concerned	Very concerned
7. Walking around in the neighborhood	Not at all	Somewhat concerned	Fairly concerned	Very concerned
8. Getting dressed or undressed	Not at all	Somewhat concerned	Fairly concerned	Very concerned
9. Going to the store	Not at all	Somewhat concerned	Fairly concerned	Very concerned
10. Reaching for something above your head or on the ground	Not at all	Somewhat concerned	Fairly concerned	Very concerned
11. Taking a bath or shower	Not at all	Somewhat concerned	Fairly concerned	Very concerned
12. Walking in a place with crowds	Not at all	Somewhat concerned	Fairly concerned	Very concerned
13. Visiting a friend or relative	Not at all	Somewhat concerned	Fairly concerned	Very concerned
14. Going out to a social event (e.g. religious service, family gathering or club meeting)	Not at all	Somewhat concerned	Fairly concerned	Very concerned
15. Walking on a slippery surface (e.g. wet or icy)	Not at all	Somewhat concerned	Fairly concerned	Very concerned
16. Going to answer the telephone before it stops ringing	Not at all	Somewhat concerned	Fairly concerned	Very concerned