

THE MODIFIED FALLS EFFICACY SCALE

	Not Confident At All		Fairly Confident				Completely Confident				
	(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
Items from Tinetti et al											
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 bed	_____										
6. Answer the door or telephone	_____										
7. Walk around the inside of the house	_____										
8. Reach into cabinets or closets	_____										
9. Light house keeping	_____										
10. Simple shopping	_____										
Additional items											
11. Using public transportation	_____										
12. Crossing roads	_____										
13. Light gardening or hanging out the wash*	_____										
14. Using front or rear steps at home	_____										

The items on the scale are scored from 0 to 10, with 0 meaning “not confident/not sure at all,” 5 being “fairly confident/fairly sure,” and 10 being “completely confident/completely sure.”

Subjects are asked, “How confident/sure are you that you do each of the activities without falling?”

* Rate most commonly performed of these activities

Tinetti M, Richman D, Powell I. Fall efficacy as a measure of fear of falling. J Gerontol 1990; 45:P239-43.

Reprint with permission. Hill K., Schwarz J., Kalogeropoulos A., Gibson S. The Modified Fall Efficacy Scale. Arch Phys Med Rehabil Aol 77, October 1996