



## Falls Efficacy Scale

Name \_\_\_\_\_

Date \_\_\_\_\_

On a scale from 1 to 10, with 1 being very confident and 10 being not confident at all, how confident are you that you do the following activities without falling?

Activity	Score 1 very confident 10 not confident at all
Take a bath or shower	
Reach into cabinets or closets	
Walk around the house	
Prepare meals not requiring carrying heavy or hot objects	
Get in and out of bed	
Answer the door or telephone	
Get in and out of a chair	
Getting dressed and undressed	
Personal grooming (i.e. washing your face)	
Getting on and off of the toilet	
Total Score	

*A total score of greater than 70 indicates that the person has a fear of falling*

Source: Tinetti, M., Richman, D., Powell, L. (1990). Falls Efficacy as a Measure of Fear of Falling. *Journal of Gerontology*. 45:239

### Timed Up and Go (TUG) Test

Use a standard armchair (seat height around 18", arm height around 26").

Mark a distance of 10 feet from the front of the chair.

The person being tested wears his/her regular walking shoes and uses any usual walking assistive device.

The person giving the test gives no physical assistance.

A stopwatch or a clock with a second hand is used for timing.

The person starts from a seated position in the chair.

The instruction is: "When I say "go" I want you to stand up and walk to the line, turn and then walk back to the chair and sit down again. Walk at your normal pace."

The person practices this activity one time prior to being timed.

Scoring is the time it takes to perform the activity.

This test can be used at first and then at later times to demonstrate to the person that he/she has improved his/her abilities.

Podsiadlo, D., Richardson, S. The Timed "Up and Go": a test of basic functional mobility for frail elderly persons. *JAGS* 1991; 39: 142-148.