

**FALL PROOF PROGRAM: CENTER FOR SUCCESSFUL AGING, CAL STATE
FULLERTON**

BALANCE SELF-EFFICACY SCALE (BES)

Listed below are a series of tasks that you may encounter in daily life. Please indicate how confident you are, today, that you can complete each of these tasks without losing your balance. Your answers are confidential. Please answer as you feel, not how you think you should feel.

(CIRCLE ONE NUMBER FROM 0 TO 100%)

1. How confident are you that you can get up out of a chair (using your hands) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

2. How confident are you that you can get up out of a chair (**not** using your hands) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

3. How confident are you that you can walk up a flight of ten stairs (using the handrail) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

4. How confident are you that you can walk up stairs (**not** using the handrail) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

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CIRCLE ONE NUMBER FROM 0 TO 100%

5. How confident are you that you can get out of bed without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all			somewhat			absolutely				
confident			confident			confident				

6. How confident are you that you can get into or out of a shower or bathtub (with the assistance of a handrail or support wall) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all			somewhat			absolutely				
confident			confident			confident				

7. How confident are you that you can get into or out of a shower or bathtub (with no assistance from a handrail or support wall) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all			somewhat			absolutely				
confident			confident			confident				

8. How confident are you that you can walk down a flight of ten stairs (using the handrail) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all			somewhat			absolutely				
confident			confident			confident				

9. How confident are you that you can walk down a flight of ten stairs (not using the handrail) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all			somewhat			absolutely				
confident			confident			confident				

CIRCLE ONE NUMBER FROM 0 TO 100%

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10. How confident are you that you can remove an object from a cupboard located at a height that is level with your shoulder without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

11. How confident are you that you can remove an object from a cupboard located above your head without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

12. How confident are you that you can walk across uneven ground (with assistance) when there is good lighting available without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

13. How confident are you that you can walk across uneven ground (with **no** assistance) when there is good lighting available without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

14. How confident are you that you can walk across uneven ground (with assistance) at night without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

CIRCLE ONE NUMBER FROM 0 TO 100%

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15. How confident are you that you can walk across uneven ground (with **no** assistance) at night without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

16. How confident are you that you could stand on one leg (with support) while putting on a pair of trousers without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

17. How confident are you that you could stand on one leg (with **no** support while putting on a pair of trousers without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

18. How confident are you that you could complete a daily task **quickly** (e.g., answer a ringing phone, remove a pot of water that is boiling over on stove, etc.) without losing your balance?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
not at all				somewhat				absolutely		
confident				confident				confident		

Lastly, we are interested in understanding what factors affect your confidence levels. Please provide reasons for **why** you answered the way you did for questions 1 through 18 on the lines below. For example, if you answered that you were **not very** confident, **why** do you feel that way? If you were **not very** confident about an activity because you no longer do it very often e.g., climb stairs, walk on uneven ground, etc. we would like to know that also.
