

Activities-Specific Balance Confidence Scale

Activities-Specific Balance Confidence Scale	SS	APC	RPC
How confident are you that you can maintain your balance and remain steady when you...			
1. ...walk around the house		BC	
2. ...walk up or down stairs		BC	
3. ...bend over and pick up a slipper from the front of a closet floor		BC	
4. ...reach for a small can off a shelf at eye level		BC	
5. ...stand on tip toes and reach for something above your head		BC	
6. ...stand on a chair and reach for something		BC	
7. ...sweep the floor		BC	
8. ...walk outside the house to a car parked in the driveway		BC	
9. ...get into and out of a car		BC	
10. ...walk across a parking lot to the mall		BC	
11. ...walk up or down a ramp		BC	
12. ...walk in a crowded mall where people rapidly walk past you		BC	
13. ...are bumped into by people as you walk through the mall			BC
14. ...step onto or off an escalator while you are holding onto a railing		BC	
15. ...step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing		BC	
16. ...walk outside on icy sidewalks		BC	

Diagnosis	Fall risk cut-off	MDC/MCID
Stroke	>81.1% relative certain does not have history of falls	MDC (acute to chronic) = 14%
Parkinson's Disease	<69% predictive of recurrent falls	MDC = 13% (H&Y 1-4) MDC = 30.5%
Huntington's Disease	Not reported	MDC = 27.33%
Spinal Cord Injury	Not reported	MDC = 14.87%
Adults with cerebral palsy	Not reported	MDC = 18%
Non-specific Older Adults	<67% indicate risk for falling	Not reported

Considerations

- Face-to-face interview recommended; can be self-administered
- Tool available in multiple languages
- Item-by-item scoring: [ANPT ABC Pocket Guide](#)

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force
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KEY

Items suggestive of deficits in the areas indicated in the table.
SS = Steady state
APC = Anticipatory postural control
RPC = Reactive postural control
BC = Balance confidence
PV = Perception of verticality
PM = Postural movement strategies
SP = Sensory processing
MT = Multi-tasking

Equipment Needs

ABC form (paper or electronic)

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