



# Physical Therapy & Vestibular Rehabilitation

## Modified Falls Efficacy Scale

**Instructions:** For each statement circle the level of confidence expressed, using the code below:

0 = No confidence at all to 10 = Extreme confidence

How confident are you that you can do the following activities without falling?

Get dressed and undressed	0	1	2	3	4	5	6	7	8	9	10
Prepare a simple meal	0	1	2	3	4	5	6	7	8	9	10
Take a bath or shower	0	1	2	3	4	5	6	7	8	9	10
Get in/out of a chair	0	1	2	3	4	5	6	7	8	9	10
Get in/out of bed	0	1	2	3	4	5	6	7	8	9	10
Answer the door or telephone	0	1	2	3	4	5	6	7	8	9	10
Walk around the inside of your house	0	1	2	3	4	5	6	7	8	9	10
Reach into cabinets or closets	0	1	2	3	4	5	6	7	8	9	10
Light housekeeping	0	1	2	3	4	5	6	7	8	9	10
Simple shopping	0	1	2	3	4	5	6	7	8	9	10
Using public transportation	0	1	2	3	4	5	6	7	8	9	10
Crossing roads	0	1	2	3	4	5	6	7	8	9	10
Light gardening or hanging out the washing	0	1	2	3	4	5	6	7	8	9	10
Using front or rear steps at home	0	1	2	3	4	5	6	7	8	9	10
<b>Total</b>											

For office use only:

Score = Total \_\_\_\_\_ /140 = \_\_\_\_\_ % Confidence

MDC = 8.2 points (vestibular)

0.52 points (MS)

17.7 points (hip)