

Modified Falls Efficacy Scale

On a scale of 0 to 10, “How confident are you that you can do each of these activities without falling?”

with 0 meaning “not confident/not sure at all”, 5 being “fairly confident/fairly sure” and 10 being “completely confident/completely sure”.

Total the ratings (possible range = 0 – 140) and divide by 14 to get each subject’s MFES score. Scores of < 8 indicate fear of falling, 8 or greater indicate lack of fear.

Note:

- If you have stopped doing the activity at least partially because of being afraid of falling, score a 0;
- If you have stopped and activity purely because of a physical problem, leave that item blank (these items are not included in the calculation of the average MFES score).
- If you do not currently do the activity for other reasons, please rate that item based on how you perceive you would rate it if you had to do the activity today.

1.	Get dressed and undressed	0	5	10
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2.	Prepare a simple meal	0	5	10
		----- ----- ----- ----- ----- ----- ----- ----- ----- -----		
3.	Take a bath or a shower	0	5	10
		----- ----- ----- ----- ----- ----- ----- ----- ----- -----		
4.	Get in/out of a chair	0	5	10
		----- ----- ----- ----- ----- ----- ----- ----- ----- -----		
5.	Get in/out of bed	0	5	10
		----- ----- ----- ----- ----- ----- ----- ----- ----- -----		
6.	Answer the door or telephone	0	5	10
		----- ----- ----- ----- ----- ----- ----- ----- ----- -----		
7.	Walk around the inside of your house	0	5	10
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8.	Reach into cabinets or closet	0	5	10
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9.	Light housekeeping	0	5	10
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10.	Simple shopping	0	5	10
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11.	Using public transport	0	5	10
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12.	Crossing roads	0	5	10
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13.	Light gardening or hanging out the washing*	0	5	10
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14.	Using front or rear steps at home	0	5	10
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* rate most commonly performed of these activities

Average score/item rated = /