



## Fear of Falling

Take this quiz to determine your fear of falling. 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 can do the following activities without falling.

<i>Activity</i>	<i>Score</i>
Take a bath or shower.	
Reach into cabinets or closets.	
Walk around the house.	
Prepare meals not requiring heavy lifting or carrying 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 (for example, washing your face).	
Getting on and off the toilet.	

A total score of 70 or greater indicates that you have a fear of falling.

