Iconographical Falls Efficacy Scale

Icon-FES
10-item version for older people living in a house

developed by

Kim Delbaere
Stuart T Smith
Stephen R Lord

“Please look at each picture carefully, and try to imagine yourself performing the activity.”

If you currently don’t do the activity (e.g. if someone does your shopping for you), please answer to indicate whether you think you would be concerned about falling IF you did the activity.

Imagine that you are using your normal walking aid.

“We would like to know how concerned you are about the possibility of falling while doing any of the following activities, as pictured on the drawings. For each of the following activities, please show the level of concern which is closest to your own opinion to show how concerned you are that you might fall if you did this activity.”

“According to the following SCALE (show scale): not at all concerned, somewhat concerned, fairly concerned, very concerned.”
Taking a bath
Taking a shower
Going to the shop
Going down the stairs
Walking around in the neighbourhood
Reaching for something above your head
Reaching for something above your head
Going out to a social event
Cleaning the gutter
Not at all concerned

Somewhat concerned

Fairly concerned

Very concerned

1

2

3

4