

# Concern about Falling Questionnaire

FES-I

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

NHS Number : 

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We would like to ask some questions about how concerned you are about the possibility of falling. Please reply thinking about how you usually do the activity. If you currently don't do the activity (eg if someone does your shopping for you), please answer to show whether you think you would be concerned about falling IF you did the activity. For each of the following activities, please tick the box which is closest to your own opinion to show how concerned you are that you might fall if you did this activity.

|   |   | <b>Not at all<br/>concerned<br/>1</b> | <b>Somewhat<br/>concerned<br/>2</b> | <b>Fairly<br/>concerned<br/>3</b> | <b>Very<br/>concerned<br/>4</b> |
|---|---|---------------------------------------|-------------------------------------|-----------------------------------|---------------------------------|
| 1 | Cleaning the house (eg sweep, vacuum or dust)           | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 2 | Getting dressed or undressed                            | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 3 | Preparing simple meals                                  | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 4 | Taking a bath or shower                                 | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 5 | Going to the shop                                       | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 6 | Getting in or out of a chair                            | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 7 | Going up or down stairs                                 | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 8 | Walking around in the neighbourhood                     | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |
| 9 | Reaching for something above your head or on the ground | 1 <input type="checkbox"/>            | 2 <input type="checkbox"/>          | 3 <input type="checkbox"/>        | 4 <input type="checkbox"/>      |

|                                   |  |                            |                            |                            |                            |
|-----------------------------------|--|----------------------------|----------------------------|----------------------------|----------------------------|
| 10                                | Going to answer the telephone before it stops ringing                                | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 11                                | Walking on a slippery surface ( eg wet or icy)                                       | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 12                                | Visiting a friend or relative  | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 13                                | Walking in a place with crowds   | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 14                                | Walking on an uneven surface (eg rocky ground, poorly maintained pavement)           | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 15                                | Walking up or down a slope   | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| 16                                | Going out to a social event (eg religious service, family gathering or club meeting) | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> |
| Total score at start of programme |  |                            |                            |                            |                            |
| Total score at end of programme   |  |                            |                            |                            |                            |

*FES-I: Prof Lucy Yardley and Prof Chris Todd*