

# Iconographical Falls Efficacy Scale

## Icon-FES

30-item version  
for older people living in a house

*developed by*

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**Neuroscience  
Research Australia**

*Discover. Conquer. Cure.*

Delbaere K, Smith S, Lord S. Development and Initial Validation of the Iconographical Falls Efficacy Scale. *J Gerontol A Biol Sci Med Sci* 2011;2011; 66A:674-680.

*“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.”*









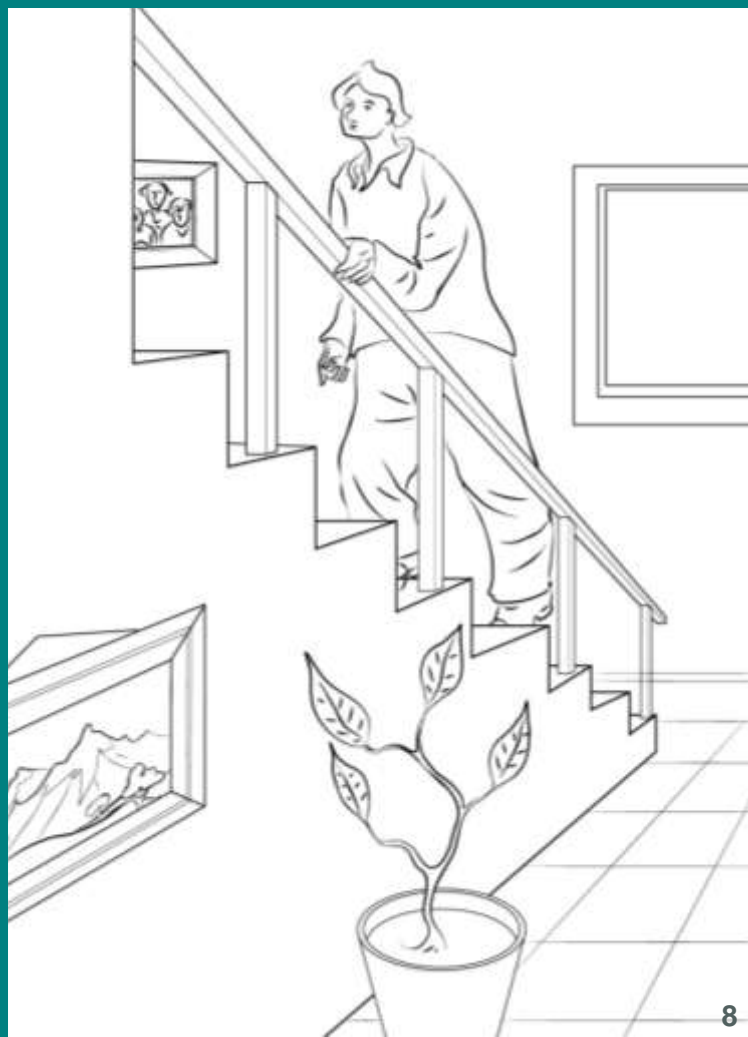
**Taking a bath**













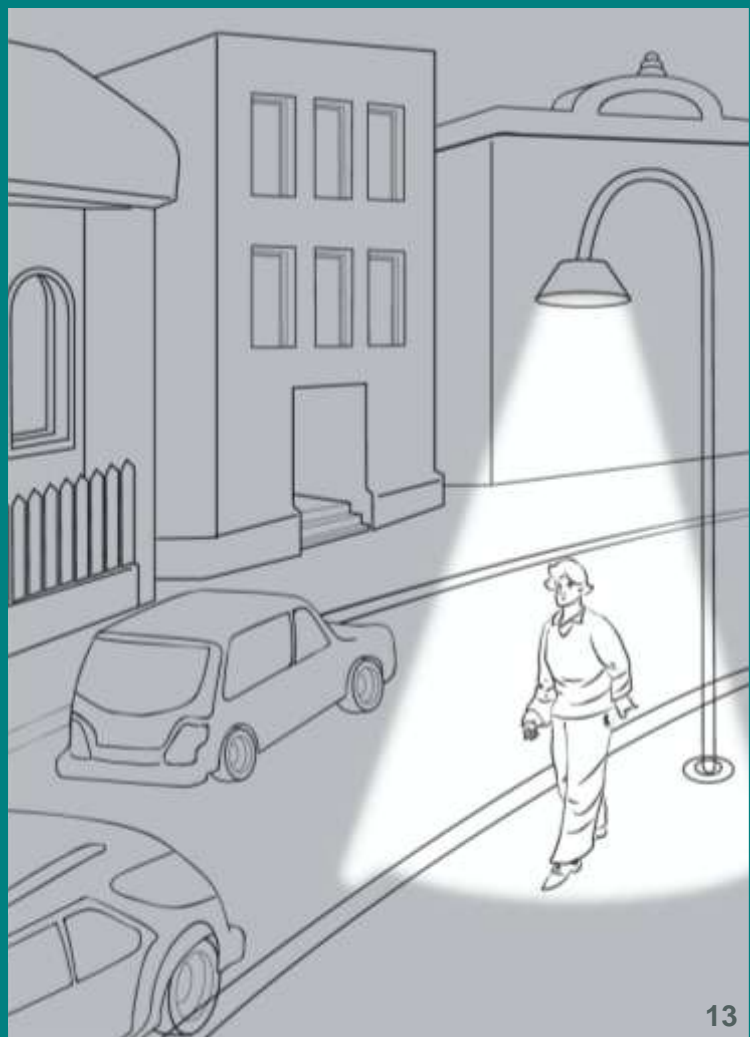




**Walking around in the neighbourhood  
in rainy weather**



**Walking around in the neighbourhood in windy weather**













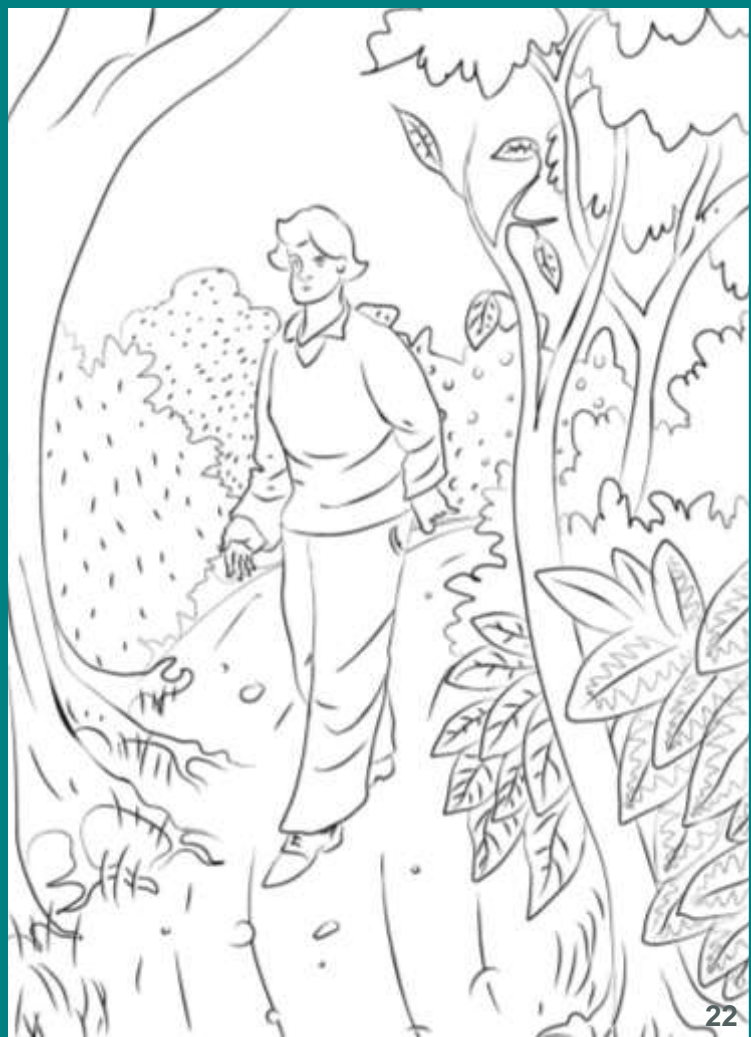


**Going to answer telephone before it stops ringing**











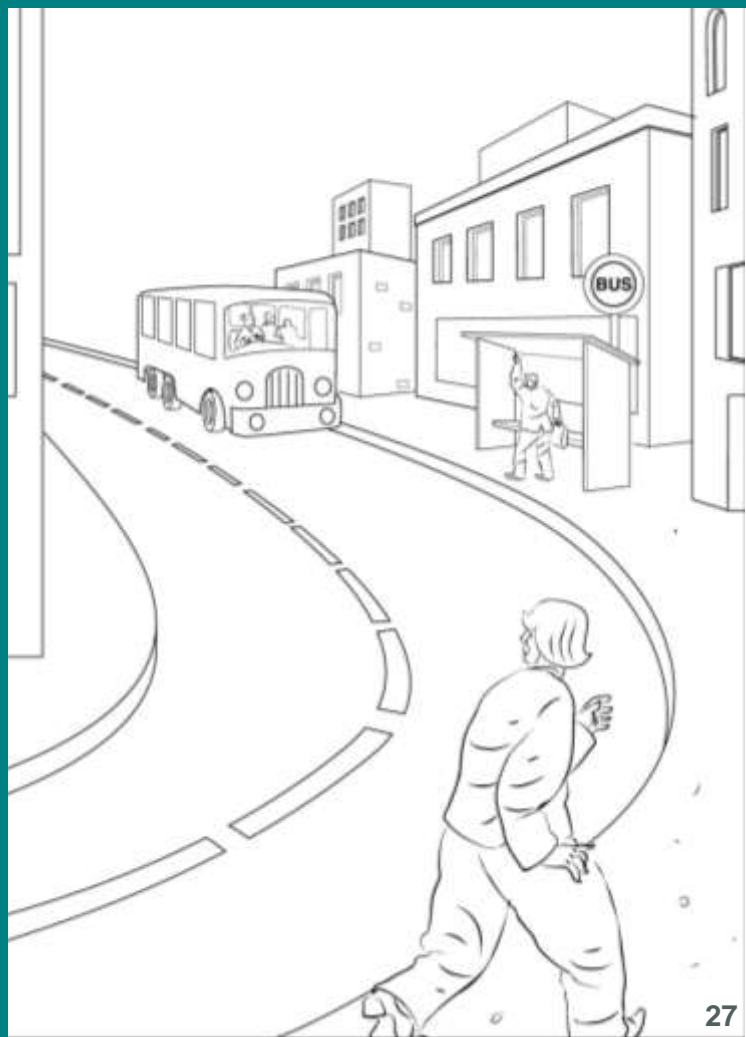


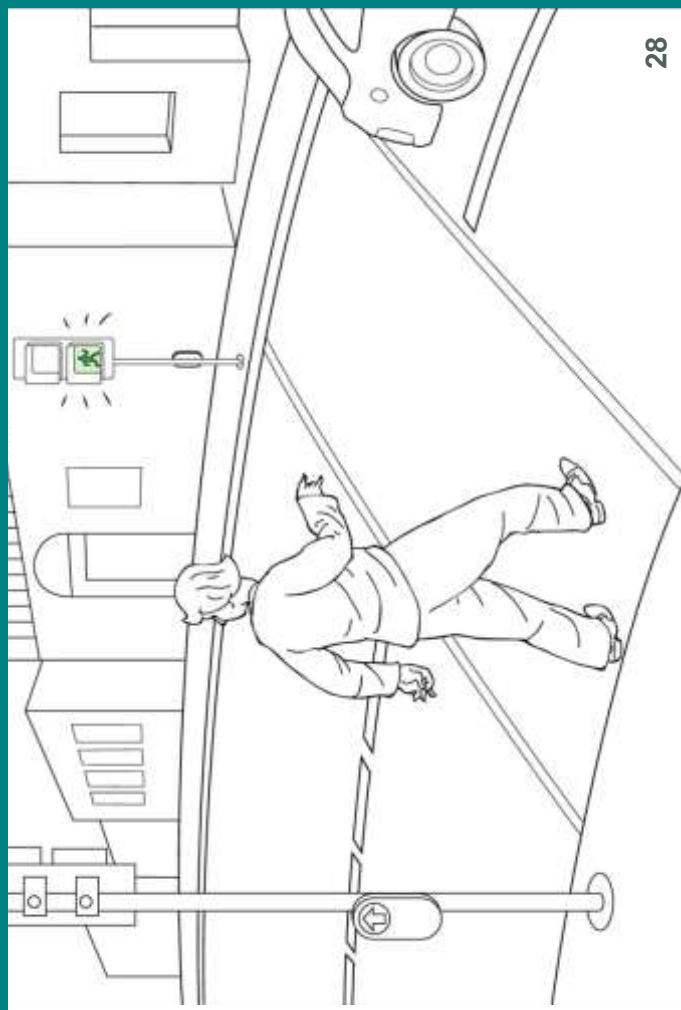


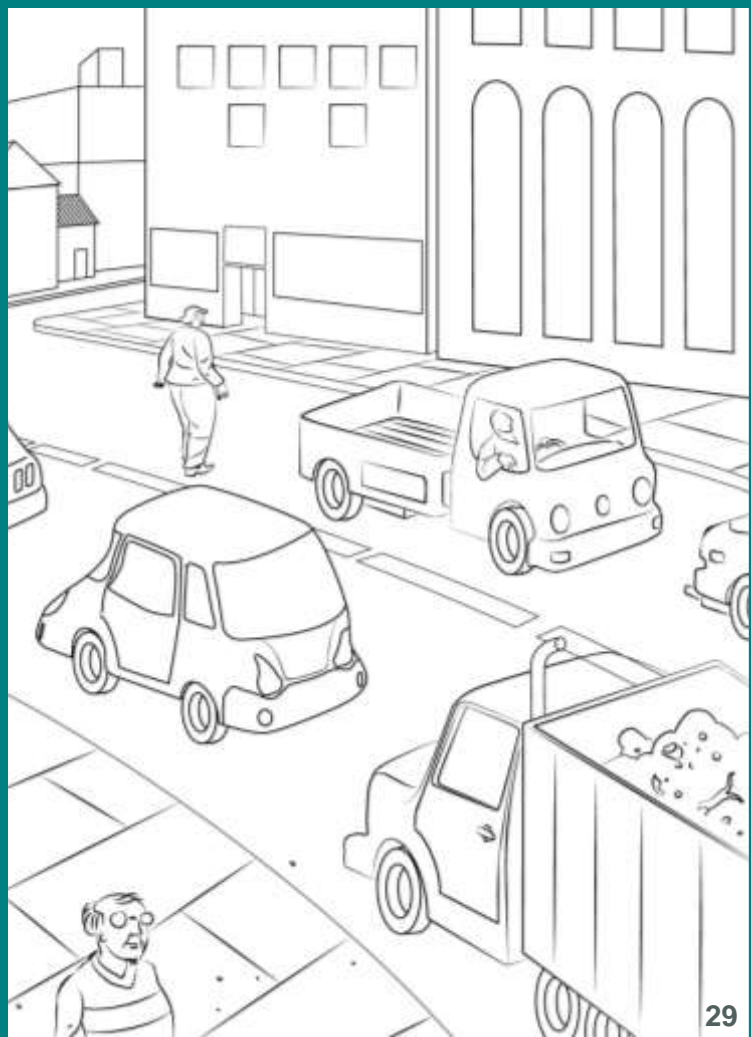


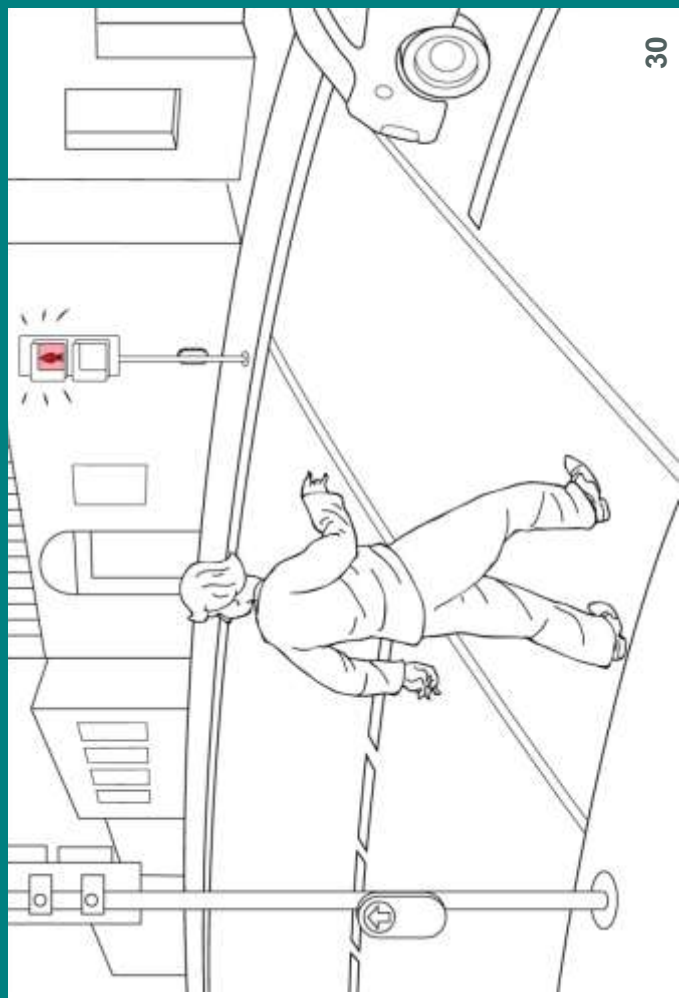
**Cleaning the gutter**









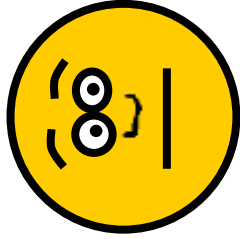






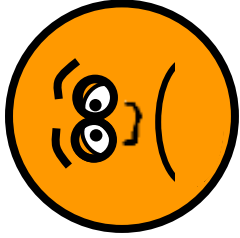
1

Not at all  
concerned



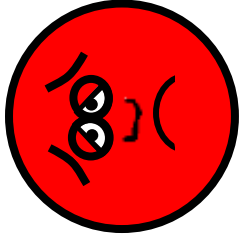
2

Somewhat  
concerned



3

Fairly  
concerned



4

Very  
concerned