

The Balance Recovery Confidence (BRC) Scale

Instructions to participants:

Please rate **how certain** you are, now, that you can **recover your balance** in order to arrest a fall in each of the following scenarios. Answer all questions to show whether you think you can recover from a loss of balance, trip or slip if the situation occurs.

Rate your degree of confidence by recording a number from 0 to 10 using the scale given below:

0	1	2	3	4	5	6	7	8	9	10
Cannot do at all			Moderately can do				Highly certain can do			

Scenario	Score
1 Recover from a loss of balance while walking up a flight of steps without railings.	
2 Recover from a loss of balance while walking down a flight of steps without railings.	
3 Recover from a loss of balance while walking to the toilet.	
4 Recover from a minor slip on a puddle of water.	
5 Recover from falling backwards when a vehicle (e.g. bus, train or tram) accelerates suddenly.	
6 Recover from falling forwards when a vehicle (e.g. bus, train or tram) stops suddenly.	
7 Recover from a minor slip while taking a shower.	
8 Recover from a loss of balance while stepping onto an escalator.	
9 Recover from a loss of balance while stepping off an escalator.	
10 Recover from a loss of balance while doing light exercises (e.g.stretching).	
11 Recover from falling forwards while walking down a gentle slope.	
12 Recover from a trip while carrying groceries with both hands.	
13 Recover from a loss of balance while stepping over an object or obstacle (e.g. a 12-inch/30.48 cm wide drain).	
14 Recover from a loss of balance while avoiding a collision with another person (e.g. a jogger or a child on a bicycle).	
15 Recover from a loss of balance while reaching for overhead objects.	
16 Recover from a loss of balance while standing on a stool.	
17 Recover from a loss of balance while getting dressed in a standing position.	
18 Recover from a loss of balance while getting out of bed.	
19 Recover from falling backwards after standing up from a chair.	
	Total Score
	Average Score

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An overall question (optional)	Score
If you consider all aspects, how would you rate your confidence to recover your balance to avoid a fall?	

Name of Patient/Client/Participant: _____

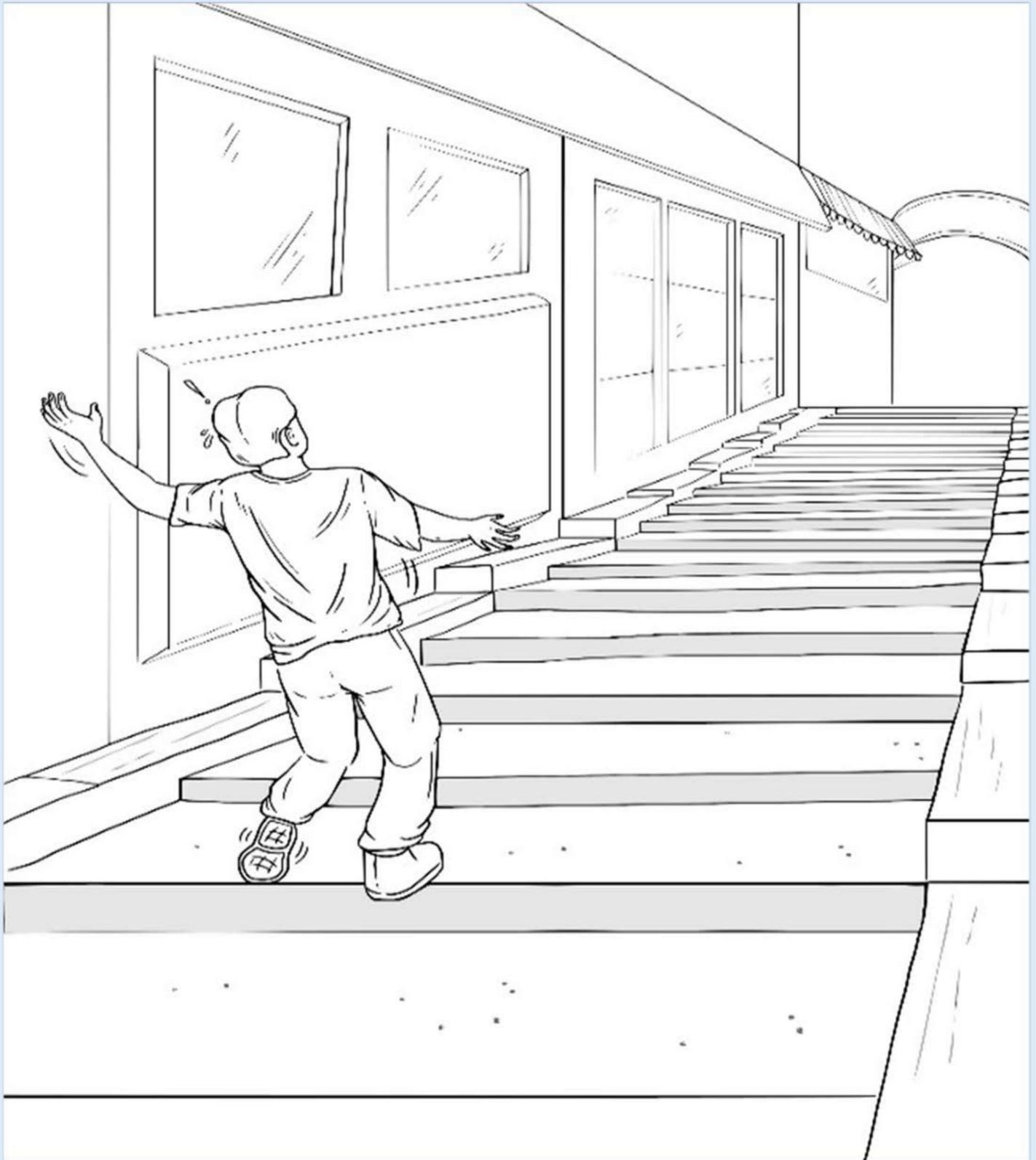
Patient/Client/Participant Signature: _____ **Date:** _____

Name of Therapist/Staff/Administrator: _____

Therapist/Staff/Administrator Signature: _____ **Date:** _____

Item 1.

Recover from a loss of balance while walking up a flight of steps without railings.



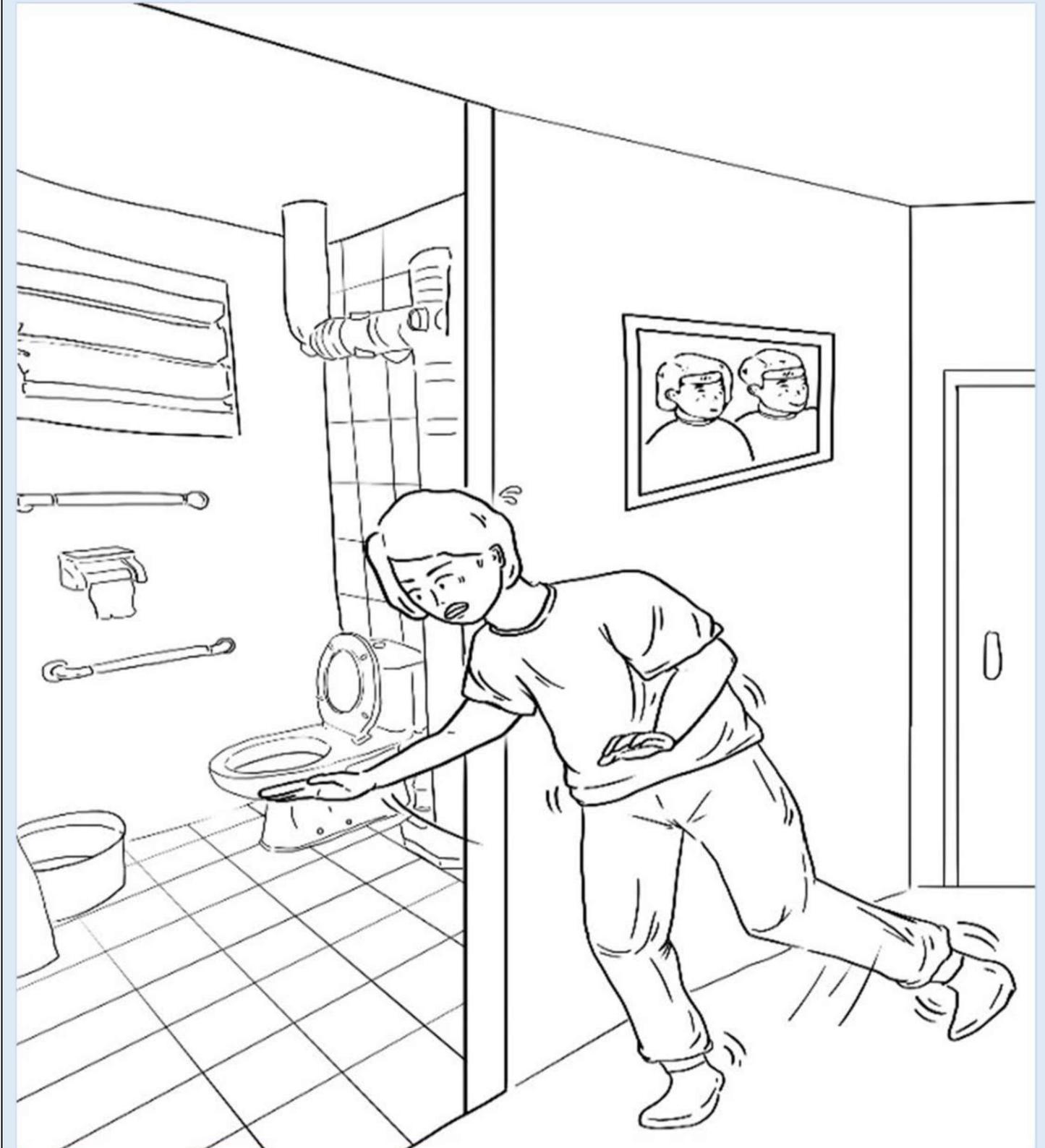
Item 2.

Recover from a loss of balance while walking down a flight of steps without railings.



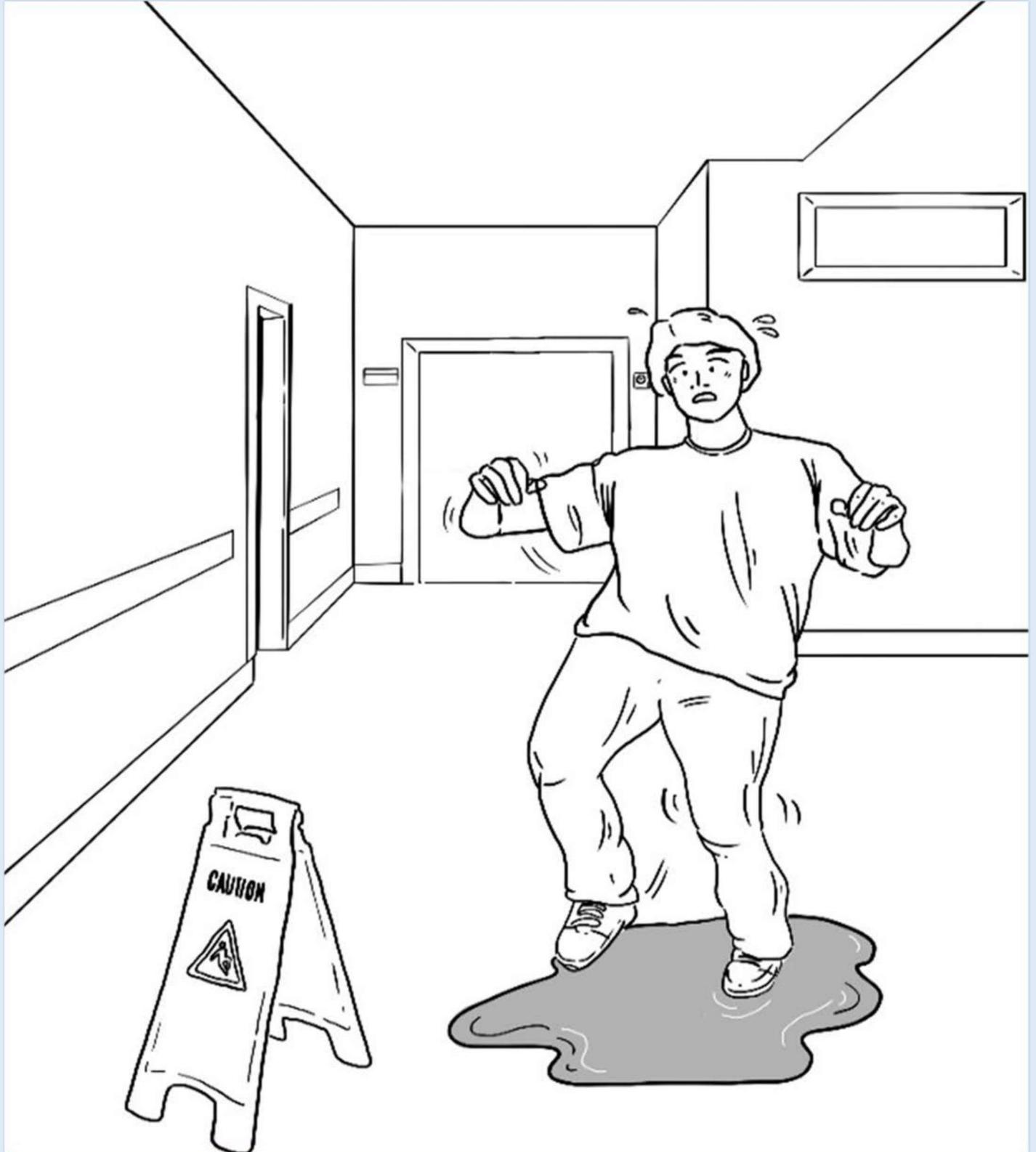
Item 3.

Recover from a loss of balance while walking to the toilet.



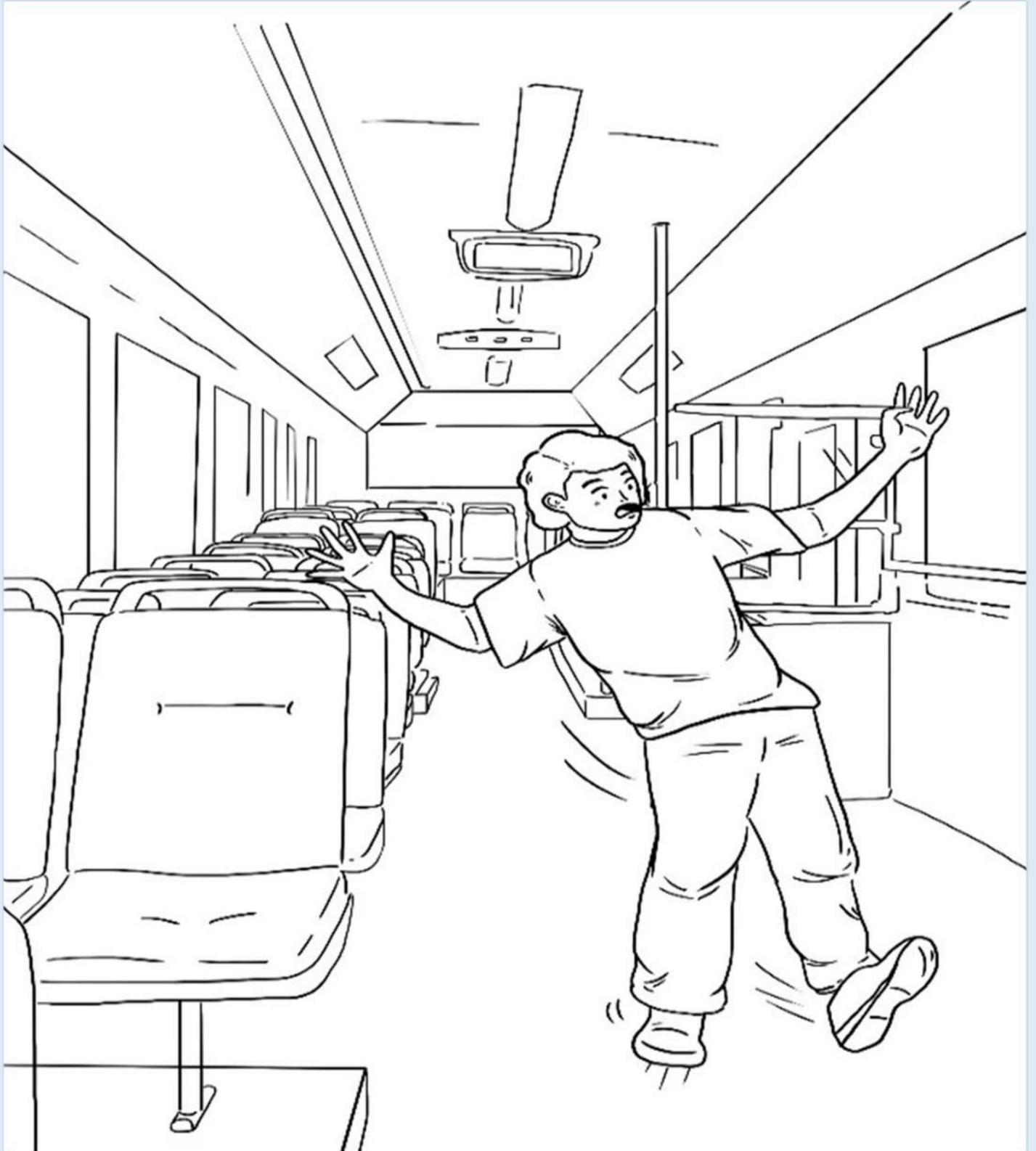
Item 4.

Recover from a minor slip on a puddle of water.



Item 5.

Recover from falling backwards when a vehicle (e.g. bus, train or tram) accelerates suddenly.



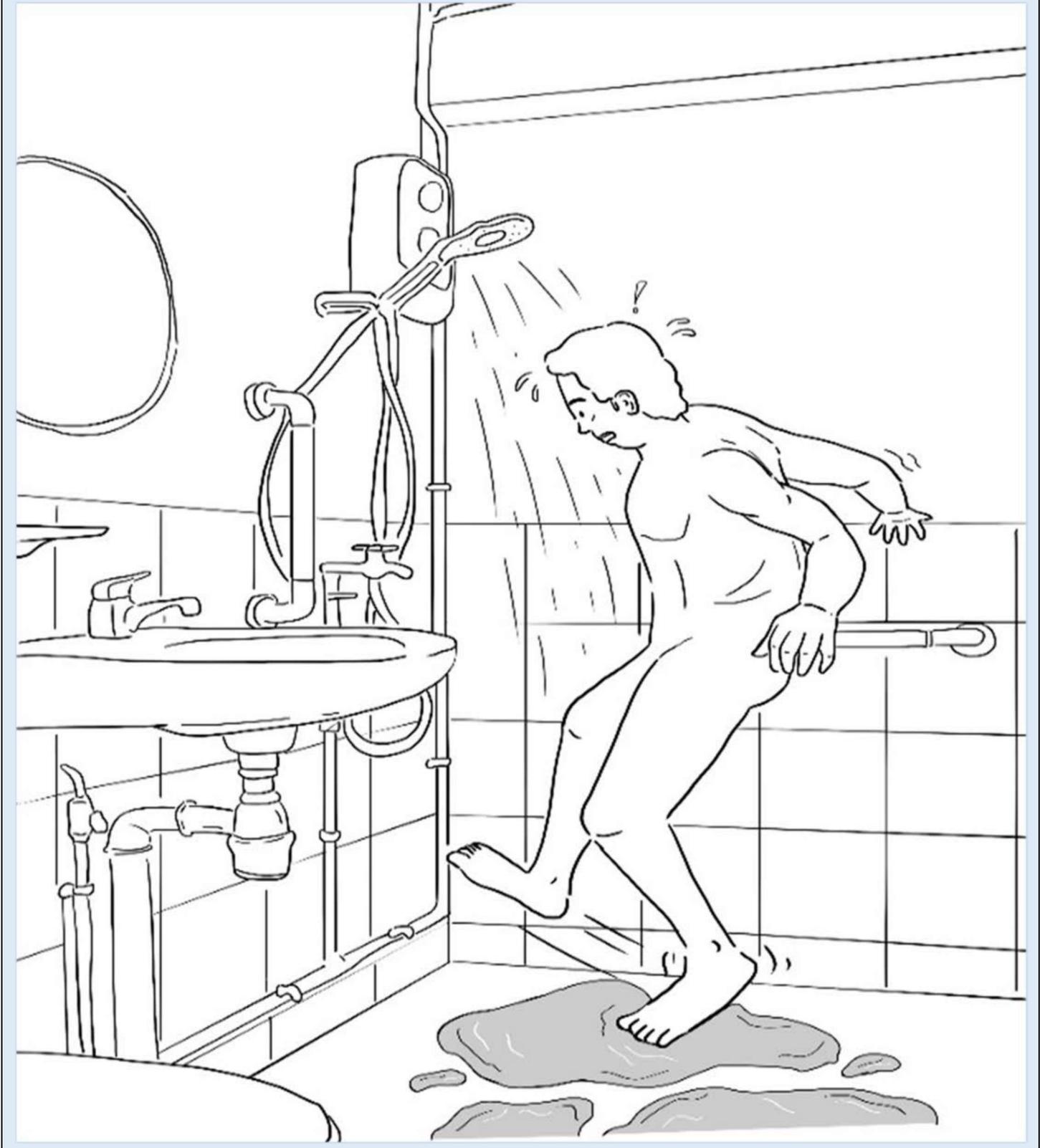
Item 6.

Recover from falling forwards when a vehicle (e.g. bus, train or tram) stops suddenly.



Item 7.

Recover from a minor slip while taking a shower.



Item 8.

Recover from a loss of balance while stepping onto an escalator.



Item 9.

Recover from a loss of balance while stepping off an escalator.



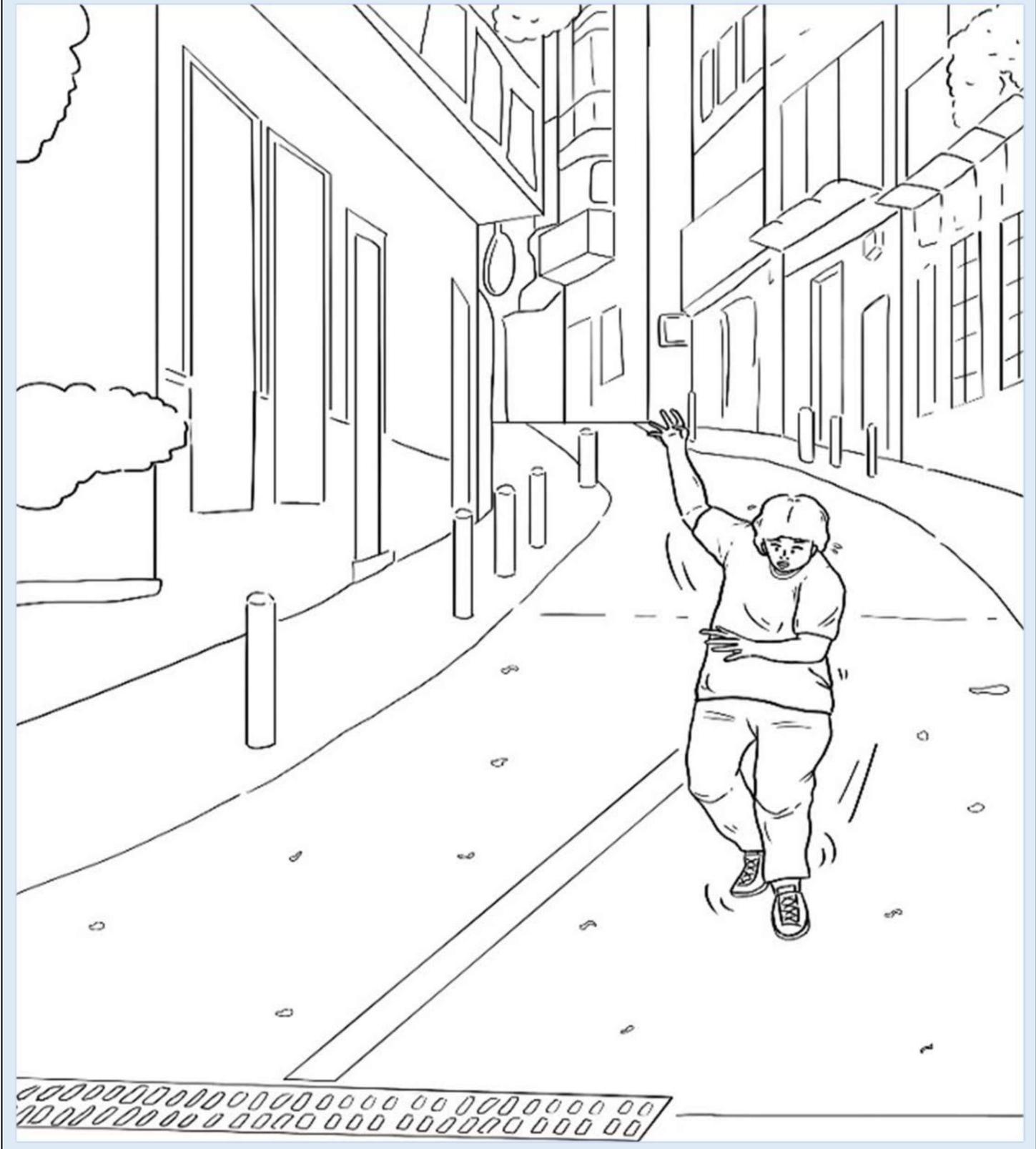
Item 10.

Recover from a loss of balance while doing light exercises (e.g. stretching).



Item 11.

Recover from falling forwards while walking down a gentle slope.



Item 12.

Recover from a trip while carrying groceries with both hands.



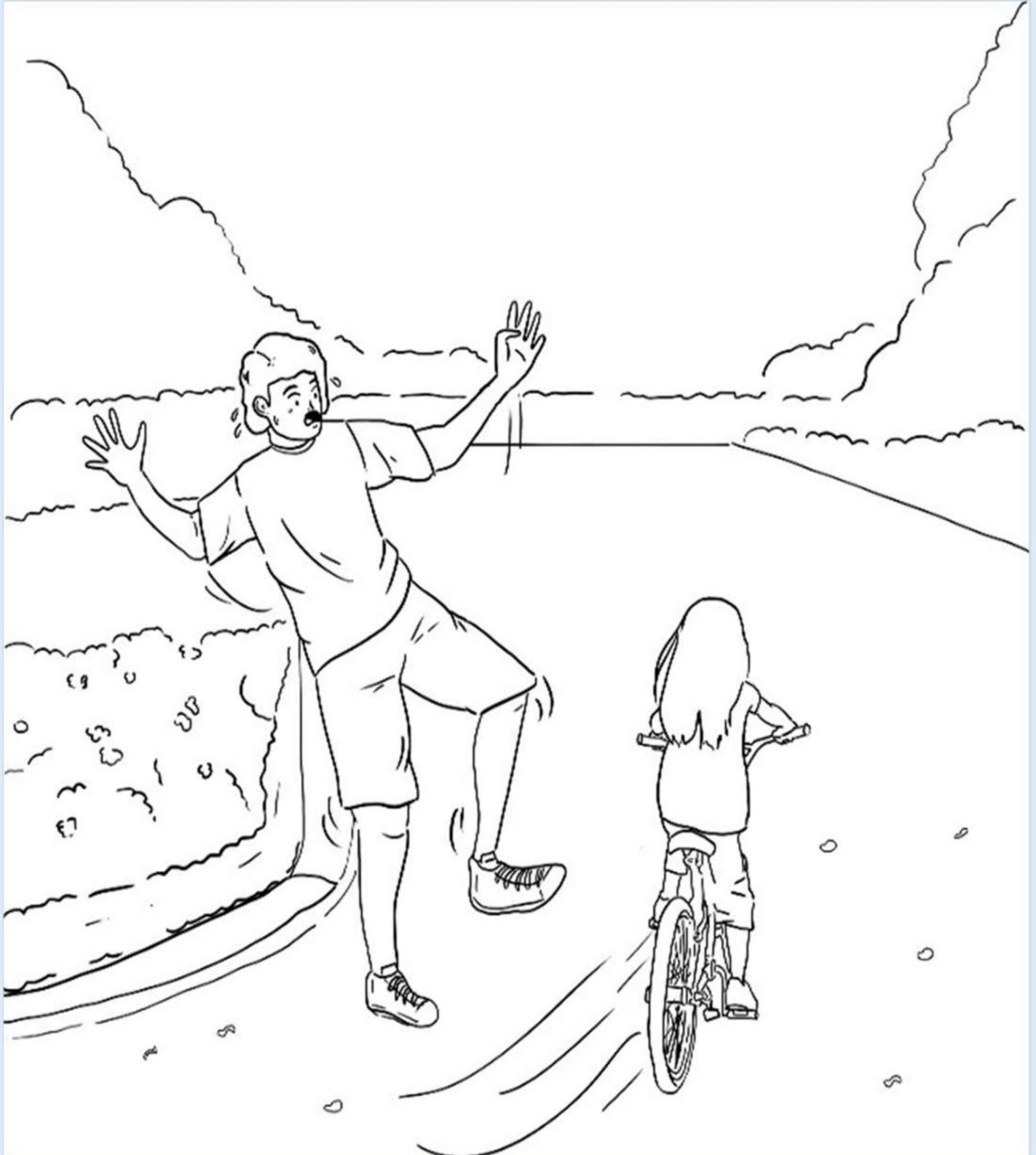
Item 13.

Recover from a loss of balance while stepping over an object or obstacle (e.g. a 12-inch/30.48 cm wide drain).



Item 14.

Recover from a loss of balance while avoiding a collision with another person (e.g. a jogger or a child on a bicycle).



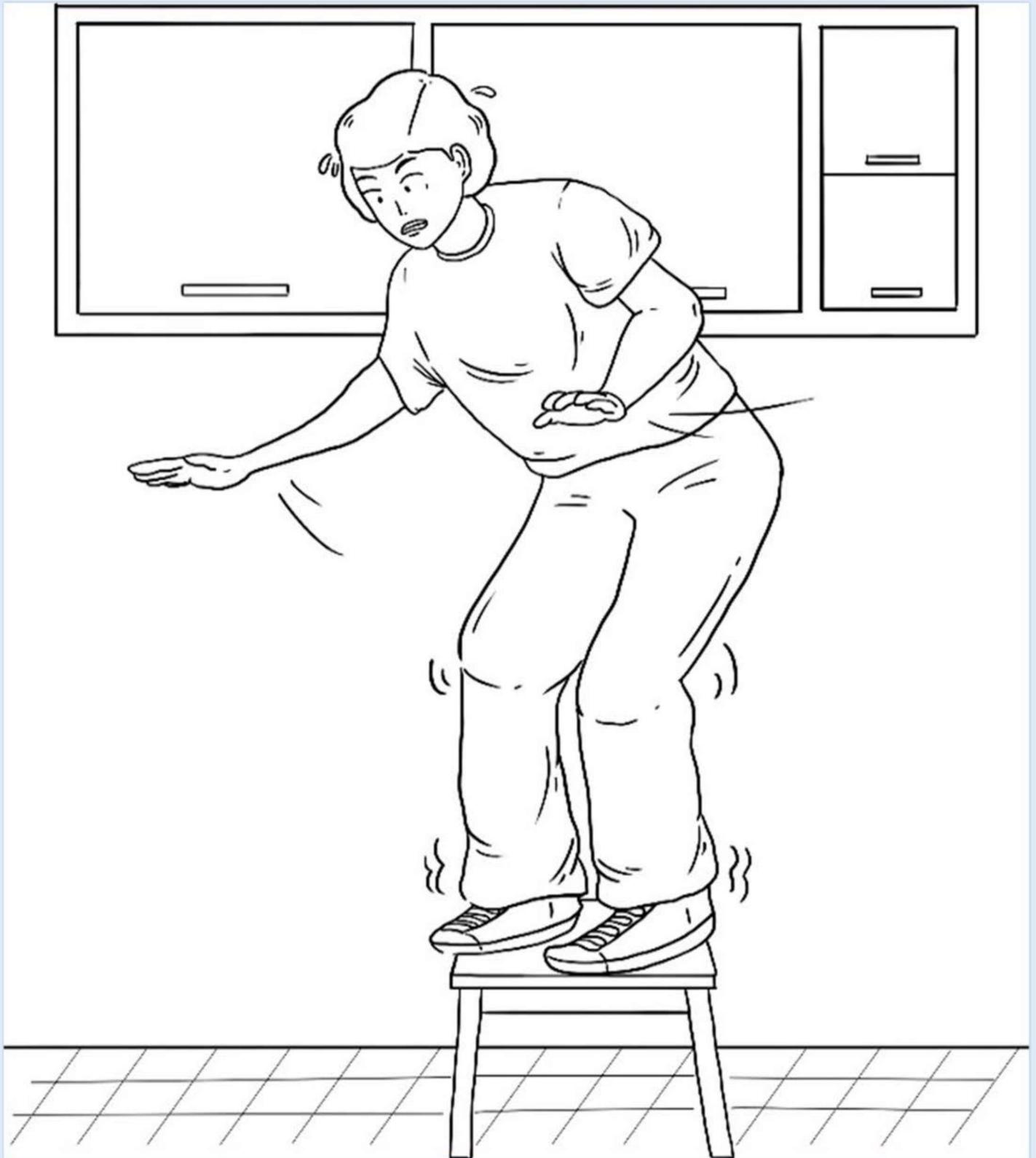
Item 15.

Recover from a loss of balance while reaching for overhead objects.



Item 16.

Recover from a loss of balance while standing on a stool.



Item 17.

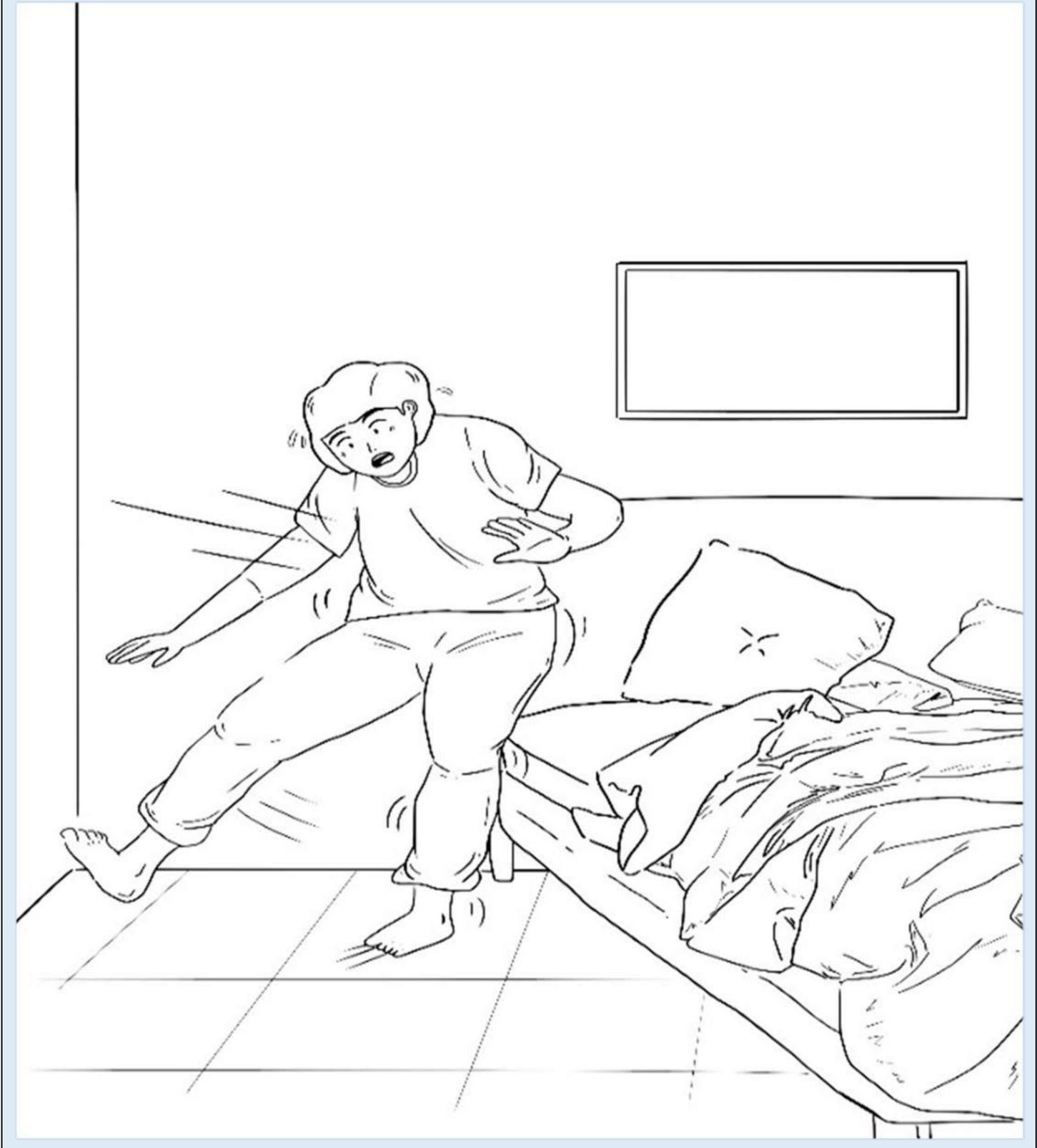
Recover from a loss of balance while getting dressed in a standing position.



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Item 18.

Recover from a loss of balance while getting out of bed.



Item 19.

Recover from falling backwards after standing up from a chair.

