

Appendix 1

Falls Efficacy Scale – International (English)

		Not at all concerned 1	Somewhat concerned 2	Fairly concerned 3	Very concerned 4
1	Cleaning the house (e.g. sweep, vacuum or dust)				
2	Getting dressed or undressed				
3	Preparing simple meals				
4	Taking a bath or shower				
5	Going to the shop				
6	Getting in or out of a chair				
7	Going up or down stairs				
8	Walking around in the neighbourhood				
9	Reaching for something above your head or on the ground				
10	Going to answer the telephone before it stops ringing				
11	Walking on a slippery surface(e.g. wet or icy)				
12	Visiting a friend or relative				
13	Walking in a place with crowds				
14	Walking on an uneven surface(e.g. rocky ground, poorly maintained pavement)				
15	Walking up or down a slope				
16	Going out to a social event(e.g. religious service, family gathering or club meeting)				
Sub Total					
Total				/64	

The 16-item Fall Efficacy Scale-International (FES-I), Adopted from Morgan MT et al ., 2013 (20)

Appendix 2



Kinesis Balance Application adopted from . (Greene, B. R et al.,2021) (21)