



Service User Risk Assessment

How to Use and Score the FES-I and Short FES-I?

The Falls Efficacy Scale-International (FES-I) is a short, easy to administer tool that measures the level of concern about falling during social and physical activities inside and outside the home whether or not the person actually does the activity. The target population for using the FES-I are Older adults with or without a history or fear of falling.

FES-I and Short FES-I can be administered as self-completion questionnaires or administered verbally as part of a risk assessment. When completing the questionnaire, participants should follow the instructions at the top of the FES-I or Short FES-I document, ticking the relevant answer box for each question. You should complete all items.

The FES-I should be used when updating Care Plan Risk Assessments.

To calculate the FES-I or Short FES-I score when all items are completed, simply add the scores for each item together to give a total that ranges as follows:

| | Low Concern | Moderate Concern | High Concern |
|--------------------|-------------|------------------|--------------|
| FES-I | 16-19 | 20-27 | 28-64 |
| Short FES-I | 7-8 | 9-13 | 14-28 |

All scores should be referred in care plans.

FOLLOW UP: As needed or every 3-6 months

For queries or to request a support visit from our falls specialist on how to on how to use this assessment contact the falls team at stopfalls@hcpa.info

Download FES-I and short FES-I from www.hcpa.info/stopfalls



Short FES-I

Now 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, 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.

| | | Not At All Concerned | Somewhat Concerned | Fairly Concerned | Very Concerned |
|---|---|-------------------------|-----------------------|---------------------|-------------------|
| 1 | Getting dressed or undressed | 1 | 2 | 3 | 4 |
| 2 | Taking a bath or shower | 1 | 2 | 3 | 4 |
| 3 | Getting in or out of a chair | 1 | 2 | 3 | 4 |
| 4 | Going up or down stairs | 1 | 2 | 3 | 4 |
| 5 | Reaching for something above your head or on the ground | 1 | 2 | 3 | 4 |
| 6 | Walking up or down a slope | 1 | 2 | 3 | 4 |
| 7 | Going out to a social event (e.g. religious service, family gathering or club meeting) | 1 | 2 | 3 | 4 |