

Spinal Cord Injury-Falls Concern Scale (SCI-FCS)

Adapted from Boswell-Ruys et al. 2010. A Falls Concern Scale for people with spinal cord injury (SCI-FCS). Spinal Cord. 2010;48(9):704-9. Appendix 1 Questions, with permission from Springer Nature Publishing.

		<i>Not at all concerned 1</i>	<i>Somewhat concerned 2</i>	<i>Fairly concerned 3</i>	<i>Very concerned 4</i>
1	Getting dressed or undressed	1	2	3	4
2	Moving around the bed (including sitting up)	1	2	3	4
3	Inserting enema or toileting	1	2	3	4
4	Washing or showering self	1	2	3	4
5	Transferring on/off a commode or toilet	1	2	3	4
6	Transferring in/out of bed	1	2	3	4
7	Transferring in/out of a car	1	2	3	4
8	Reaching for high objects (e.g. pressing button on a lift, reaching to a high shelf)	1	2	3	4
9	Picking objects up from the floor (e.g. clothes, pet bowl, pen)	1	2	3	4
10	Cooking or food preparation (e.g. making a sandwich, stirring food on the stove)	1	2	3	4
11	Pushing wheelchair on flat ground	1	2	3	4
12	Pushing wheelchair on an uneven surface (e.g. rocky ground, irregular pavement)	1	2	3	4
13	Pushing wheelchair up/down gutters or curbs	1	2	3	4
14	Pushing wheelchair up/down a slope	1	2	3	4
15	Shopping	1	2	3	4
16	Lifting heavy objects across body (e.g. shopping bags, wheelchair into the car)	1	2	3	4