

Appendix.

The Modified Gait Efficacy Scale (mGES)

1. How much confidence do you have that you would be able to safely walk on a level surface such as a hardwood floor?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

2. How much confidence do you have that you would be able to safely walk on grass?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

3. How much confidence do you have that you would be able to safely walk over an obstacle in your path?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

4. How much confidence do you have that you would be able to safely step down from a curb?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

5. How much confidence do you have that you would be able to safely step up onto a curb?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

6. How much confidence do you have that you would be able to safely walk up stairs if you are holding on to a railing?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

7. How much confidence do you have that you would be able to safely walk down stairs if you are holding on to a railing?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

8. How much confidence do you have that you would be able to safely walk up stairs if you are NOT holding on to a railing?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

(Continued)

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Continued

9. How much confidence do you have that you would be able to safely walk down stairs if you are NOT holding on to a railing?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence

10. How much confidence do you have that you would be able to safely walk a long distance such as ½ mile?

1	2	3	4	5	6	7	8	9	10

No Confidence

Complete Confidence