(18) 活動平衡信心量表

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|  | 當你做下面嗰啲活動嘅時候，你有幾多信心你可以保持平衡同埋穩定 | 無信心 | …… | 絕對信心 |
| 1. | 喺屋裡面行嚟行去 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 2. | 上落樓梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 3. | “嗚”低身喺地下度執起隻拖鞋 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 4. | 喺個架度，攞一個擺喺你頭咁高嘅罐頭 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 5. | 趷高腳，去攞高過你頭頂D嘢 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 6. | 企喺櫈上面攞嘢 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 7. | 掃地 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 8. | 行出屋企，去附近搭車 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 9. | 上落你搭慣嘅交通工具 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 10. | 穿過停車場去商場 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 11. | 行上或者行落條短斜坡 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 12. | 喺一個好迫，同埋周圍D人又行得好快嘅商場裡面行 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 13. | 喺商場度行嘅時候，俾人撞落你度 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 14. | 捉住條扶手，踏入或者踏出扶手電梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 15. | 拎住D嘢，手又冇得扶住，踏入或者踏出扶手電梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 16. | 行出出便，濕滑嘅地面 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |