

Consumer Name:
Consumer ID:

Daily Living Activities (©DLA-20): Adult Mental Health

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Instructions: Using the scale below, rate how often or how well the consumer independently performed or managed each of the 20 Activities of Daily Living (ADLs) in the community during the last 30 days. If the

consumer's level of functioning varied, rate the lower score. Consider impairments in functioning due to physical limitations as well as those due to mental impairments. Do not consider environmental limitations (e.g., "no jobs available"). Strengths are scored ≥ 5 and indicate functioning "within normal limits" (WNL) for that activity. 20 scores are always applicable & valid for Average Composite DLA-20 to correlate with severity of illness index (SI).

1 None of the time; <u>extremely severe</u> impairment of problems in functioning; pervasive level of continuous paid supports needed	2 A little of the time; <u>severe</u> impairment or problems in functioning; extensive level of continuous paid supports needed	3 Occasionally; <u>serious</u> to moderately severe impairment or problems in functioning; moderate level of continuous paid supports needed	4 Some of the time; <u>moderate</u> impairment or problems in functioning; low level of continuous paid supports needed	5 (WNL) A good bit of the time; <u>mild</u> impairment, challenge or problems in functioning; moderate level of intermittent paid supports needed	6 (WNL) Most of the time; strength w/very mild impairment or problems in functioning; low level of intermittent paid supports needed	7 (WNL) All of the time; independently managed DLA in <u>community</u> ; no impairment or problem in functioning requiring paid supports								
ACTIVITIES	Examples of scoring strengths as WNL behaviors (Scores 5-7)				Dates:	Eva1	R2	R3	R4	R5				
1. Health Practices	Takes care of health issues, manages moods, infections; takes medication as prescribed; follows up on medical appointments.													
2. Housing Stability, Maintenance	Maintains stable housing; organizes possessions, cleans, abides by rules and contributes to maintenance if living with others													
3. Communication	Listens to people, expresses opinions/feelings; makes wishes know effectively.													
4. Safety	Safely moves about community – adequate vision, hearing, makes safe decisions. Safely uses small appliances, ovens/burners, matches, knives, razors, other tools.													
5. Managing Time	Follows regular schedule for bedtime, wake-up, meal times, rarely tardy or absent for work, day programs, appointments, scheduled activities.													
6. Managing Money	Manages money wisely (independent source of funds); controls spending habits.													
7. Nutrition	Eats at least 2 basically nutritious meals daily.													
8. Problem Solving	Resolves basic problems of daily living, asks questions for clarity and setting expectations.													
9. Family Relationships	Gets along with family, positive relationships as parent, sibling, child, significant other family member.													
10. Alcohol/Drug Use	Avoids abuse or abstains from alcohol/drugs, cigarettes; understands signs and symptoms of abuse or dependency; avoids misuse or combining alcohol, drugs, medication.													
11. Leisure	Relaxes with a variety of activities; attends/participates in sports or performing arts events; reads newspapers, magazines, books; recreational games with others; involved arts/crafts; goes to movies.													
12. Community Resources	Uses other community services, self-help groups, telephone, public transportation, religious organizations, shopping.													
13. Social Network	Gets along with friends, neighbors, coworkers, other peers.													
14. Sexuality	Appropriate behavior toward others; comfortable with gender, respects privacy and rights of others, practices safe sex or abstains.													
15. Productivity	Independently working, volunteering, homemaking, or learning skills for financial self-support.													
16. Coping Skills	Knows about nature of disability/illness, probable limitations, and symptoms of relapse; behaviors that cause relapse or make situation/condition worse; makes plans and uses options for coping, improving, preventing relapse, restoring feelings of self-worth, competence, being in control.													
17. Behavior Norms	Complies with community norms, probation/parole, court requirements, if applicable; controls dangerous, violent, aggressive, bizarre, or nuisance behaviors; respects rights of others.													
18. Personal Hygiene	Cares for personal cleanliness, such as bathing, brushing teeth.													
19. Grooming	Cares for hair, hands, general appearance; shaves.													
20. Dress	Dresses self; wears clean clothes that are appropriate for weather, job, and other activities; clothing is generally neat and intact.													
Scoring Instructions: Step 1. Add 20 scores from current Review column (R1-R5). Step 2. Divide sum by number of activities actually rated to obtain average DLA-20 composite score-keep 2 digits; No N/A, Valid N=20 ADLs! Step 3. To validate, use Modified Global Assessment of Functioning (mGAF): multiply the average DLA score by 10 (Standard Error range +/-3 points). Consult the mGAF https://www.dcf.state.fl.us/programs/samh/mentalhealth/mgaf.pdf for the DSM-5 count of serious disturbances. Step 4: Consult the crosswalk for the ICD-10 Severity of Illness Index (SI).					Sum N=20 (max.140)									
					Avg. Composite DLA-20									
					Est. count DSM-5 # disturbances									
					Severity Index for ICD-10 Modifier									

Crosswalk from Average Composite DLA-20 to ICD-10 4th digit SI & DSM-5 # serious disturbances:

DLA-20 > 6.00 = Adequate Independence, no significant or slight impairment in functioning

ICD 10 4th digit modifier – 0 Severity - No difficulty means the person has no problem.

DLA-20: 5.10- 6.0 = Mild impairments, minimal interruptions in recovery

ICD 10 4th digit modifier = 1 Severity - Mild difficulty means problem is present less than 25 percent of the time with intensity a person can tolerate and happened rarely over the last 30 days.

DSM-5 # symptoms: few and mild (mGAF tallies)

WHODAS 2.0 Self-report average score <=2

LOCUS (generally crosswalks) Level 1

DLA-20: 4.10- 5.0 = Moderate impairment in functioning

ICD 10 4th digit modifier = 2 Severity - Moderate difficulty means problem is present less than 50 percent of the time with moderate intensity that is interfering in the persons' day-to-day life and happened occasionally over the last 30 days.

DSM-5 counts of serious symptoms: 1-3 serious symptoms/disturbances

WHODAS 2.0 Self-report average score 3

LOCUS (generally crosswalks) Level 2 or ASAM Level 1

DLA-20: 3.10- 4.0 = Serious impairments in functioning

ICD 10 4th digit modifier = 3 Severity - Serious difficulty means problem is present more than 50 percent of the time with severe intensity that is partially disrupting the persons' day-to-day life and happened frequently over the last 30 days.

DSM-5 counts of serious symptoms: 4-6 serious symptoms/disturbances

WHODAS 2.0 Self-report average score 4

LOCUS (generally crosswalks) Level 3, ASAM 2

DLA-20: 2.10- 3.0 = Severe impairments in functioning

ICD 10 4th digit modifier =3 Severity - Severe difficulty means problem is present more than 75 percent of the time with severe intensity disrupting the persons' day-to-day life and happened frequently over the last 30 days.

DSM-5 counts of serious symptoms: 7-10 serious disturbances

WHODAS 2.0 Self-report score >4 is severe distress, high risk

LOCUS (generally crosswalks) Level 4

DLA-20: <= 2.0 Extremely severe impairments in functioning

ICD10 4th digit modifier = 4 Severity - Extremely severe indicates complete difficulty, a problem that is present more than 95 percent of the time with intensity that is totally disrupting the persons' day-to-day life and happened every day over the last 30 days.

Modified Global Assessment of Functioning (mGAF) identifies intensely high-risk symptoms = 11+

(<https://www.dcf.state.fl.us/programs/samh/mentalhealth/mgaf.pdf>)

DLA-20© Scoring Rules

- Assess level of functioning or impairment compared to the entire population.
 - Evaluation is based on the past 30 days.
 - If functioning varied in the last 30 days, rate the lowest score on the more frequent pattern of behavioral responses to symptoms.
 - Once you pick a number, look at the rating below to make sure a lower rating is not more accurate. Continue this until the most accurate rating is found.
 - If you cannot decide between two scores, always choose the lower score.
 - Consider impairments in functioning due to physical limitations as well as those due to mental impairments. Assess needs.
 - Do not consider environmental limitations (e.g. "no jobs available").
 - Must address at least 15 items
- The score is not necessarily correlated with the client's self-reported functioning as research shows —trust your own assessment of current behaviors, known and reported, and the anchors defining strengths & weaknesses compared to general population (not client population).