

Consumer Name:
Consumer ID:

Daily Living Activities (©DLA-20): Youth Ages 6 - 18

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Instructions: Using the scale below, rate how often or how well the child independently, as age-appropriate, performed each of the 20 Activities of Daily Living during the last 30 days. If the consumer's level of functioning

varied, rate the lowest possible 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 or schools available"). A score of 5 to 7 in an activity indicates functioning "within normal limits" (WNL), defined by examples of age-appropriate strengths, for that activity. All 20 are applicable - Enter N/A if not assessed. Do not exceed 5 activities N/A. Clinician rates observations, youth, guardian & teacher reports.

1	2	3	4	5 (WNL)	6 (WNL)	7 (WNL)					
None of the time; Pervasive, continuous intervention required- Dysfunctional, Extremely severe <u>Disabling impairment</u>	Almost never; Not functional; Dependent; Severe <u>Impairments</u>	Occasionally; Functioning depends on continuous support; <u>Serious Substantial Impairment</u>	Some of the time; marginal independence Low level of continuous support; <u>Moderate Impairment</u>	A good bit of time; Independent with routine support; Mild <u>functional challenges</u>	Most of the time; Independent with intermittent support or follow-up; <u>Intermittent problem</u>	All of the time; Optimal & independent functional strengths; <u>no problem</u>					
ACTIVITIES	Examples of age-appropriate strengths in WNL behaviors (Scores 5-7)					Date1	Date2	Date3	Date4	Date5	
1. Health Practices	<u>Assist (age 6-10) or manage (>10yr) adequate weight, moods, outdoor exercise, aches and pains; take medications or over the counter drugs only with adult supervision.</u>										
2. Housing Stability & Maintenance	<u>Stable housing</u> for last 30 days; <u>Contributes</u> to stability in the home (age-appropriate): respect others & property, share in chores, involve caretakers in school issues/grades										
3. Communication	<u>Greets adults; listens, expresses</u> feelings, anger, opinions <u>effectively</u>										
4. Safety	Play it safe? <u>Safe decisions</u> , e.g., Avoid guns, knives, matches, dangerous people or places where there is a likely trouble or abuse potential; if driving, has safe record										
5. Managing Time	<u>Assist or manage</u> time for promptly, regularly attending school & work (age appropriate); <u>complete tasks, sleeps well, with wake up, meals on routine basis?</u>										
6. Managing Money ("stuff")	Reliably handle or manage monetary allowance: e.g., abstains from overspending personal limits, betting, stealing, borrowing? (< age 10, may substitute things, books, games, coats)										
7. Nutrition	Eat at least <u>2 basically nutritious meals</u> with caretakers; generally eats healthy snacks (WNL limits sugar, caffeine)										
8. Problem Solving	<u>Understand presenting problems</u> , reasons for seeking services; focus on possible solutions for age-appropriate time periods; assist or manage difficult situations										
9. Family Relationships	<u>Feel close</u> to at least one other significant person at home; <u>get along</u> with family or caretakers, feel loved?										
10. Alcohol/ Drug Use	<u>Abstain</u> from smoking cigarettes, drinking alcohol, doing drugs or inhalants or any kind; avoid high risk drinking situations & people who do drugs										
11. Leisure	Enjoy 2 or more fun & relaxing activities; music, watching or playing sports, reading, computer or board games, cards, artistic hobbies, movies, TV?										
12. Community Resources	Use community activities, resources such as after-school sponsored tutoring, clubs, sports, scouts, YM/YWCA, library, church, dances.										
13. Social Network	Make, keep same-age friends; avoid bullying, gangs, cults, antisocial groups										
14. Sexual health and sexuality	As age appropriate, behavior, verbal and nonverbal reports are sexually responsible with girls, boys? Avoid sexual activities, infections, and pregnancy?										
15. Productivity	Feel good about performance at school, consider grades to be good, completes school projects without undue difficulty. Have vocational goals.										
16. Coping Skills	Accept adult correction without undue arguing, temper outburst; tolerate frustration.										
17. Behavior Norms	Control threatening or physical expression of anger, violent behavior, either to yourself or others, to property. Law abiding, responsible with school, community rules, driving car.										
18. Personal Care, Hygiene	Help or manage general cleanliness: daily bath, shower, brush teeth										
19. Grooming	Assist or manage general appearance: hair, shave, comply with school rule										
20. Dress	Assist or responsibly care for clean clothes, comply with school dress code										
Scoring Instructions: Step 1. Add scores from applicable column. Step 2. Divide sum by number of activities actually rated. NO N/A! This is the average DLA composite score. Step 3. To estimate Modified Global Assessment of Functioning (2015), multiply the average DLA score by 10. Error range =/-3 points). mGAF translates into # disturbances (see Modified GAF) Step 4: Severity of Illness is calculated from ICD-10 codes 0 moderate to 3 extremely severe						Sum					
						Average DLA					
						Estimate mGAF/# disturbances					
						Severity of Illness					

Average Composite DLA-20 Scores are correlated and can be converted to ICD-10 4th digit modifier:

>= 6.0 = Adequate Independence; No significant to slight impairment in functioning
mGAF tallies # symptoms few and mild

5.1- 6.0 = Mild impairments, minimal interruptions in recovery
ICD 10 4th digit modifier = 0

4.1- 5.0 = Moderate impairment in functioning
ICD 10 4th digit modifier = 1
mGAF tallies number of symptoms = 1-3

3.1- 4.0 = Serious impairments in functioning
ICD 10 4th digit modifier = 2
mGAF tallies number of symptoms = 4-6

2.1- 3.0 = Severe impairments in functioning
ICD 10 4th digit modifier = 3
mGAF tallies number of symptoms = 7-10

2.0 = Extremely severe impairments in functioning
ICD10 4th digit modifier = 3
mGAF identifies intensely high-risk symptoms

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).