

Initial

Quarterly

Annual

Discharge

Consumer Name:
Consumer ID: Date:

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 in an activity and indicate functioning "within normal limits" (WNL) for that activity. Enter N/A only if the activity was not assessed & do not exceed 5 N/A DLAs.

1	2	3	4	5 (WNL)	6 (WNL)	7 (WNL)							
None of the time; extremely severe impairment of problems in functioning; pervasive level of continuous paid supports needed	A little of the time; severe impairment or problems in functioning; extensive level of continuous paid supports needed	Occasionally; moderately severe impairment or problems in functioning; moderate level of continuous paid supports needed	Some of the time; moderate impairment or problems in functioning; low level of continuous paid supports needed	A good bit of the time; mild impairment or problems in functioning; moderate level of intermittent paid supports needed	Most of the time; very mild impairment or problems in functioning; low level of intermittent paid supports needed	All of the time; independently managed DLA in community; no impairment or problem in functioning requiring paid supports							
ACTIVITIES	Examples of scoring strengths as WNL behaviors (Scores 5-7)						Dates:	Eval	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 known 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; 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: Ratings for all 20 DLAs can be added then divided in half to estimate mGAF or: Step 1. Add scores from applicable column. Step 2. Divide sum by number of activities actually rated. This is the <u>average DLA</u> score. Step 3. <u>To estimate GAF or mGAF</u> , multiply the average DLA by 10. Compare to DSMIV Axis V GAF description on back and compare to calculated DLA+3 points. Step 4. +/- Change/Outcome Score: subtract GAF/mGAF, column R1 from most recent rating R2 to R5.							Sum (max.140)						
							Average/ DLA						
							Est. mGAF						
							Change Score						

CSM

ACT

OPT

IDDT

DBT

Clinician (please print):

Last name

Consumer Name:
Consumer ID:

**Global Assessment of Functioning (©Axis V, DSMIV-TR) – GAF
Adult Mental Health**

Instructions: Estimated GAF (step 3) should correlate GAF below.

Consider the lowest possible score! Code global functioning from superior (99) to grossly impaired (1) in line with rating definitions below. 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”).

1 – 10 Persistent danger of severely hurting self or others:

Serious suicidal act w/ clear expectation of death, frequent severe violence or self-mutilation; extreme manic excitement, agitation, impulsivity; persistent inability to maintain minimal personal hygiene; urgent/emergent admissions to crisis unit/hospital; acute, severely impaired (medical complications imminent).

11 – 20 Some danger of hurting self/others:

Severe violence, self-mutilating, suicidal behaviors w/o clear expectation of death; severe manic excitement, agitation, impulsivity; occasionally fails to maintain minimal personal hygiene (diarrhea/smears feces); urgent/emergent admissions to crisis unit/hospital; physical danger due to medical problems w/ mental illness.

21 – 30 Inability to function in almost all areas:

Suicidal preoccupations, delusions, hallucinations, or serious impairments with work, school, family responsibilities, home care, friends & family relationships and including serious impairments in judgment, thinking, mood, panic attacks, anxiety.

31 – 40 Major impairment in several (2+) areas of functioning:

Substantial impairments with work, school, housework, friends or family relationships, problem solving, making decisions, paranoia, constant depression (hopeless), some hallucinations, delusions.

41 – 50 Serious symptoms OR seriously impaired functioning:

Serious impairment or problems in either work, school, housework, relationships, problem solving, communication, coping.

For med. maintenance, counseling/support, consider 51 - 70

51 – 60 Moderate impairments in functioning or moderate symptoms:

Moderate difficulty in social, work or school functioning (e.g., conflicts or few friends); frequent moderately depressed mood & insomnia, ruminating, obsessing; occasional anxiety attack, flat affect, circumstantial speech.

61 – 70 Some persistent mild symptoms of MI/SA/MR.

Note: OPTIMALLY FUNCTIONAL – INDEPENDENT LIVING: WORK AND HOUSING!

Mild symptoms are present that are NOT just expectable reactions to psychosocial stresses (e.g., mild or lessened depression, insomnia); some difficulties in social or occupational functioning such as repeated falling behind in work, productivity, BUT has meaningful interpersonal relationships.

GAF codes 71-90 reserved for maintenance/short term

71 – 80 Some transient mild symptom impairments:

Mild symptoms are present that ARE transient and expectable reactions to psychosocial stresses (e.g., difficulty concentrating after family argument); good functioning with only mild, expected problems in family, social, work functioning as a result of stress.

81 – 90 Absent or minimal impairments:

Optimal functioning in all areas, SATISFIED WITH LIFE; interested and involved in a wide range of activities; socially effective; no more than everyday problems, concerns (e.g., mild anxiety before a job interview, marriage).

91 – 100 Optimal functioning in all areas, no symptoms.

Evaluation Date 1 Rater Signature (include credentials)	Date	Time (AM/PM)
Review Date 2 Rater Signature (include credentials)	Date	Time (AM/PM)
Review Date 3 Rater Signature (include credentials)	Date	Time (AM/PM)
Review Date 4 Rater Signature (include credentials)	Date	Time (AM/PM)
Review Date 5 Rater Signature (include credentials)	Date	Time (AM/PM)