

DAILY LIVING ACTIVITIES (©DLA-20) ANCHORS	1- Extremely severe functional impairment, needs pervasive level of continuous paid supports	2- Severe functional impairment, needs extensive level of continuous paid supports	3- Serious functional impairment in response to serious symptoms; moderate supports	4- Moderate functional impairments, needs low level of routine paid supports	5- WNL/Strength Mild functional impairment, needs moderate level of intermittent paid supports	6- WNL-Strength Intermittent mild functional impairment, needs low level of paid supports	7- WNL-Strength Independent, Optimal functioning, no need for paid supports.
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Health Practices: Rate independent self-care for physical, behavior emotional, AND MOODS for <u>mental health</u> , medication compliance	<u>Evidence of danger to self/other</u> , Loss of self-care, evidence of breaks in reality, requires <u>pervasive interventions</u> (e.g.: multiple or lengthy stays in crisis, jail)	Marked limitations in self-care & may have physical complications, <u>extensive help</u> for very severe mental impairments, <u>concern for danger to self/other</u>	Limited self-care & compliance, <u>serious impairments in moods, symptoms</u> , mental status, maybe physical issues prompting <u>continuous help</u> for health care.	Marginal self-care and compliance with health issues or prescriptions, managing moods is moderate problem; requires scheduled <u>low level mental health assistance</u>	Moderately self-sufficient, manages moods but relies on <u>intermittent, some routine assistance or home visits</u> by helping persons, in private or self-help residences.	Independent self-care, compliant with treatment, <u>meds - minimal support</u> , some assistance ok from family, friends, other helping persons.	<u>Optimally independent</u> in taking care of physical & mental status; makes good health care decisions, no assistance needed in self care.
Housing Maintenance: Rate maintaining independent and adequate housing, conforming to rules for living situation, household cleanliness	<u>Health endangering threat, needs</u> or relies on pervasive supervision in protective environment, dependent – does not manage household, not self-sufficient.	Marked limitations in keeping or maintaining stable housing, e.g., sometimes on street, needs or uses constant assistance, likely in 24/7 supported or protective residences.	<u>Dysfunctional</u> in community housing, unstable, Limited self-sufficiency; e.g., relies on respite, assistance, private or self-help home, occasionally household maintenance.	Stable community housing but housing may be inadequate or s/he may be only marginally self-sufficient, e.g., relies on regular assistance to maintain stable household.	Moderately self-sufficient in independent, private place with routine, low level assistance, (e.g. home visits by helping persons), mostly maintains household by self.	Adequate independence: self-sufficient with minimal assistance in community based, independent housing (e.g. intermittent support from family, friends, others).	Optimal independence: Self-sufficient in community based, independent living with no significant assistance or public support in housing.
Communication: Rate effective verbal, nonverbal communication, AIMS, speech, cognition, memory	Not effective: high risk threats or non-communicative, pervasive dependence	Communication is <u>dysfunctional, blunted or antagonistic</u> with others, dependent on assistance.	Limited verbal or nonverbal effectiveness & uses assistance; memory loss, attention problems	Not clear about problems, marginal effectiveness in communicating with others uses some assistance.	Moderately effective in communicating with others, using routine assistance	Adequately effective in communicating with others, minimal need for assistance	Optimal effectiveness in communicating with others, no significant assistance needed.
Safety: Rate behaviors for personal and public safety; <u>suicidal, homicidal <=2</u>	Unsafe, Eminent danger to self or other, needs or requires pervasive level of continuous supervision.	Marked limitations in safety around home, community; needs/has extensive level of continuous supervision.	Makes unsafe decisions; “at risk” e.g., abusive or abused, cognitive limitations, attention problems	Marginally safe, aware and self-protective benefits from regular assistance or monitoring.	Moderately safe, good decisions, benefits fm routine care-givers (e.g. home visits by helping persons).	Safe decisions; Adequate self-protection w/ minimal assistance, family, neighbors, friends, others	Optimally safe; alert, takes care of self with no significant assistance from others.
Managing Time: Score <= 3 for sleep <=7 hrs; management of time, self-directed routines; low/high energy?	High risk- aberrant routines or MIA (missing), No management of time; pervasive direction of others.	Marked limitations in routine time management, needs or receives extensive direction by others	Limited, e.g., sleep disturbance; poor routine management of meds, sleep, mealtimes; might need/use constant supports, prompts	Marginally effective, disruptions in routines; uses regular direction, e.g., prompts	Moderately effective time management, benefits from routine direction of others.	Adequate time management, minimal prompts or reliance on direction of others.	Optimal routines for health and wellness; self-directive in managing sleep, meds, mealtimes

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Managing Money: Rate independent management of personal finances; representative payees<=3	No income & no involvement in managing personal or public assisted finances, total dependence on public or institutional help.	Marked limitations in management of personal finances; often involves rep payees or total supervision, very limited \$, minimal participation in spending or managing money.	Requires help to seek/manage public financial assistance (may have rep. payee for rent); Dependent or minimal participation in managing personal finances	Marginally independent in managing personal income, benefits or public assisted finances; often uses help, moderately participates in paying day to day rent & expenses.	Moderately independent in managing personal finance (minimum public assistance), min. intermittent assistance from others, significant participation in managing money.	Adequately independent in managing independent, personal finance with minimal checks and balances or assistance of others	Optimal independence in managing independent and personal finances
Nutrition: Rate poor appetite or overeating <=3 AND include independent management of basically diverse nutritional needs	High-risk dietary concerns; Does not manage nutritional needs; no participation in meal planning, shopping, and preparation.	Very severe dietary limitations, substantial dependence on continuous assistance, often involves constant supervision; no nutritional meal plans, preparation.	Serious limitations, needs or depends on continuous assistance from others; <u>may eat what is available with limited participation in meal planning, shopping, and preparation.</u>	Marginal independence managing nutritional needs 2x/day; often uses assistance, some participation in meal planning, shopping, and preparation.	Moderately independent in meeting nutritional needs 2x/day, benefits from intermittent assistance, but participates in meal planning, shopping & preparation.	Adequately independent in managing nutritional needs with minimal assistance from others in meal planning, shopping, and preparation.	Optimal independence in managing nutritional needs, with no significant assistance from others needed for meal planning, shopping, and preparation.
Problem Solving: Rate independently making decision, thinking, concentrating, managing problems of daily living & taking ownership of personal recovery	No problem solving, pervasive dependence on others to handle daily living problems approaching health endangering threat, no participation in problem solving.	Very severe limitations in problem solving, often involving constant supervision, minimal participation in problem solving.	Serious limitations in meeting day to day needs, problem solving; unable to describe problem; not completing tasks; limited participation in treatment related problem solving.	Marginally self-sufficient in day-to-day problem solving, often needs or uses regular assistance, participates in treatment-related problem solving.	Moderately self-sufficient in problem solving with routine assistance from others, compliant in treatment-related decision making.	Adequately self-sufficient in day-to-day problem solving with minimal assistance from others.	Optimal and independent problem solving with no significant assistance from others.

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Family Relationships: Rate family interactions, quality of communication and support in family relationship; consider face to face, phone, etc.	Extremely dysfunctional relationships or deviant behaviors with others (i.e. often imminent physical aggression or severely abusive, withdrawn, often rejected by others)	Very dysfunctional relationships within family (e.g. total withdrawal, or unwanted dependency or destructive verbal or physical communication)	Dysfunctional relationships within family, often no significant or positive participation/communication with family/ significant others	Marginally functional relationships within family, with significant others (i.e. relationships are often stressed or infrequent, superficial, unreliable).	Moderately effective continuing and close relationship with at least one family member/ significant other	Adequate personal relationship with one or more family members or significant other	Positive relationship with family/ significant others; assertively contributes to these relationships
Alcohol/Drug Use: Rate self-control in maintenance of alcohol/drug abstinence or safe use; <u>smoking 1.5 packs or more of cigarettes =3</u>	Current abuse or dependence diagnosed, accepts or denies pervasive substance abuse, currently evidences no self-control or safe use, imminent health and safety threats	Current abuse or dependence, may deny substance abuse problem, does not participate in treatment; extremely limited self-control for abstinence or safe use.	Current abuse or dependence acknowledges substance abuse problem but shows limited self-control, struggles to maintain treatment plan related to substance use.	Current problem with use, abuse or dependence, agrees to substance abuse problem, treatment, currently evidences marginal success with self-control over alcohol, cigarettes, and drugs.	No current use but recent history of abuse/dependence, adequately aware of risks and seeking information, support, treatment to continuously sustain success.	History of substance abuse-related issue, currently maintains abstinence or safe use with minimal supportive assistance (self help groups).	No history of substance abuse-related problems and Optimal self-control with substances; currently abstinent or practices safe use, no issues.
Leisure: Rate independent participation in sports, music, art.	Dependent - No independent participation in leisure activities.	Dependent - min. participation in leisure of any kind without help.	Limited interests or independent participation in leisure activities.	Marginally independent leisure activity participation.	Moderately independent leisure activity participation.	Adequately independent in at least one leisure activity.	Optimal interests, independence with 2 or more leisure activities.
Community Resources: Rate knowledge, access & use of education-cultural, spiritual well-being social services, transportation	No independent use of community resources; chronic reliance on helpers to gain access <u>OR</u> adamantly refuses necessary help.	Inappropriate dependence <u>OR</u> unable to be independent in community resources, very reliant on helpers to gain access.	Does not seek appropriate supports w/o help; Limited independence using community resources, isolated.	Marginally independent in community, occasional reliance to gain access to recreational, educational, vocational resource	Moderately independent in use of community resources, intermittent reliance gaining access	Adequate independent use of community resources, minimal need for help in gaining access.	Optimal independent use of community resources, no significant need for help in gaining access.

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Social Network: Rate independent interactions with peers, immediate social contacts in activities (e.g. close friends)	Extremely dysfunctional in relationships (i.e. often imminent physical aggression is abusive or severe withdrawal, often rejected)	Marked limitations in social network relationships (e.g. excessive dependency or destructive behaviors)	Limited interpersonally, often no significant friendships, socially isolated or avoids and withdraws	Marginal functioning with others (i.e. friendships are often minimal, unreliable, strained)	Moderately effective continuing and close relationship with at least one friend	Adequate interpersonal relationships with one or more friends	Positive relationship with one or more friends; optimally independent and assertively contributes to relationships
Sexuality: Rate sexual health, sexually appropriate, safe interactions, self confidence and self-respect	Severely dysfunctional, <u>pervasive high risk</u> , danger to self or others prompts continuous <u>protective supervision</u>	Marked limitations in sexual health & self-care, likely prompts extensive level of protective interventions due to <u>high risk to self or others</u>	Behaviors indicate limited sexual health self-care; risk concerns may prompt extra care, interventions, even supervision if risks appear imminent.	Marginally sufficient in self-care of sexual health; minimal understanding of personal or others sexual behavior, issues, inhibitions	Moderately sufficient in sexual health and self-care with routinely helpful education, guidance of others as age appropriate.	Adequate self-care around sexual health, and self-respect, needing only expected and minimal education, guidance from others.	Optimal sexual self-care, no gender issues apparent, respect for self, others, no guidance from others needed.
Productivity: Rate reliable employment, or functioning in most appropriate expected role (i.e. wage earner, homemaker, student, volunteer)	Productivity severely limited; often unable to work or adapt to homemaking or school; virtually no attempt to be productive.	Occasional attempts at productivity unsuccessful; productive only with constant supervision in sheltered work, home or special classes.	Limited productivity; often with currently restricted capabilities for school, independent employment, home making, (e.g. requires highly structured routine).	Marginal productivity (e.g. reduced ability to work in sheltered or independent work settings; distressed with disruptions or fluctuations at home, school, job)	Moderately functional, working in independent employment, at home or in school; consider limited skills, experience, moderate fluctuations at home or school.	Adequate functioning, working in independent employment, home or school; often not applying all available skills or abilities.	Optimally performs employment-related functions, homemaking, or school tasks with ease and efficiency.
Coping skills: Rate steps or activities that effectively cope with symptoms; active relapse prevention responses.	Pervasive stresses, no mindful use of coping skills approach health endangering threat, needs/requires pervasive supervision	Negative use of coping skills often leading to relapses, crises, involving constant interventions, in or out of protective environment.	Ineffective use of few coping skills prompting regular interventions (e.g. extra prescription requests, frequent use of over-the-counter medications	Marginally effective knowledge and use of coping mechanisms; seeks assistance to create or initiate coping mechanisms.	Moderately effective range of coping mechanisms, WNL routine reminders, assistance to initiate coping mechanisms	Effective use of coping mechanisms with only expected, minimal assistance, knows self, acts to reduce stressors and use options to restore confidence.	Optimally effective use of coping mechanisms under various stresses with no significant assistance from others.

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Behavioral Norms: Rate extended community relationships, interaction with community, legal, social service assistance	Totally isolated from or evidences severely deviant behaviors (i.e. behavior is overtly disruptive or threatening, may involve criminal justice sanctions)	Often isolated or demonstrates deviant behaviors, e.g., rejected or belligerent to helpers, neighbors; may have serious restrictions by courts/parole.	Limited successful and appropriate interactions in community, DUIs, minimal survival level interactions or seriously impaired behaviors, restricted by courts/parole	Marginally effective interactions; may be compliant with courts/parole; may receive multiple public system supports in accord with multiple needs	Moderately effective and independent in community interactions; may receive some public support in accord with needs	Adequate positive interactions in resident neighborhood, in one community organization or recreational activity	Independently and Positively interacts in community, church or clubs, recreational activities, hobbies or personal interests, <u>often</u> with other participants
Personal Hygiene: Rate independent healthcare of personal hygiene, dental and oral care	No self care - no personal hygiene; evidence indicates health endangering threat, pervasive needs.	Inattention to hygiene; Severe problems with teeth, self-care, physical health endangered.	Limited self-care of teeth, poor personal hygiene, needs or dependent on assistance.	Marginally self-sufficient in maintaining adequate hygiene, dental-oral health.	Moderately self-sufficient in maintaining adequate hygiene with routine assistance.	Adequate self-care in maintaining good hygiene; minimal prompts or assistance	Optimal hygiene functioning, self-sufficient around cleanliness; no issues.
Grooming: Rate independent care and grooming of hair, hands, general appearance	No personal grooming indicative of high risk, pervasive needs	Marked limitations evident with poorly cleaned hair, hands, self-grooming, very severe.	Limited self-care and sufficiency in grooming, general observations indicate serious impairments.	Marginally self-sufficient in maintaining adequate grooming - often needs regular assistance.	Moderately self-sufficient in grooming with prompts or support system routine assistance.	Adequate self-sufficiency in grooming, minimal assistance needed.	Optimal self-sufficiency in grooming with no routine assistance.
Dress: Rate independent maintenance of appropriate dress	Unclean, undressed - No self-care evidenced in maintaining clean, appropriate dress; high risk needs	Severely impaired in wearing clean & appropriate dress, evidence of extensive level of dependence.	Insufficient clean dress or dress is inappropriate for weather, tasks (e.g., too many clothes, too tight, too loose).	Marginally self-sufficient in maintaining clean, appropriate dress, often uses regular assistance.	Moderately self-sufficient in maintaining clean, appropriate dress, needs routine assistance.	Adequate self-sufficiency in maintaining clean, appropriate dress, minimal assistance needed.	Optimal self-sufficiency in maintaining clean, appropriate dress; no assistance needed with dress.