

<b>Youth Services</b> Daily Living Activities (©DLA- 20) ANCHORS	1- Extremely severe functional impairment, needs pervasive supports	2- Severe functional impairment, needs extensive supports	3- Serious impairment with serious symptoms; moderate supports	4- Moderate impairments, routine supports	5- WNL/Strength Mild functional impairment, intermittent support	6- WNL-Strength Intermittent mild impairment, some low level supports	7- WNL-Strength Age-appropriate support for optimal independence
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<b>Health Practices:</b> Rate independent self-care for physical (PH) <u>and</u> <u>mental health</u> (MH), including managing moods, medications, illness management	<u>Evidence of danger to self/other due to MH;</u> No self-care, evidence of breaks in reality, requires <u>pervasive</u> interventions	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</u> <u>impairments in</u> <u>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</u> mental health assistance	Moderately self- sufficient, manages moods but relies on <u>intermittent, some</u> <u>routine assistance</u> <u>or</u> home visits by staffs in private or self-help residences.	Independent cares for physical and mental well being, compliant with treatment, meds - <u>minimal support,</u> some assistance ok readily accepted.	<u>Optimally</u> <u>independent</u> in taking care of physical & mental status; makes good health care decisions, no assistance needed in health practices.
<b>Housing Maintenance:</b> Rate self- sufficiency for maintaining independent and adequate housing, management of personal spaces	<u>Housing is Health</u> <u>endangering threat,</u> <u>needs</u> or relies on pervasive supervision in protective environment, dependent not self- sufficient.	Severely limited in keeping or maintaining stable housing, e.g., sometimes on street, needs or uses constant assistance, likely protective help	<u>Dysfunctional</u> in community residential housing, unstable, Limited self-sufficiency; e.g., relies on respite, assistance, private or self-help home	Stable community housing but housing may be inadequate or s/he may be only marginally self- sufficient in residence.	Moderately self- sufficient in stable housing - independent, private residence with routine, low level assistance.	Adequate independence: self- sufficient with minimal assistance in community based, independent housing	Optimal independence: Self-sufficient in community based, independent living with no significant assistance or public support in housing.
<b>Communication:</b> Rate ongoing and effective verbal and nonverbal communication	High risk threats, e.g., verbally or non-verbal, non- communicative, pervasive issues. Highly supervised	Communication is <u>dysfunctional,</u> <u>blunted or</u> <u>antagonistic</u> with others, dependent on assistance.	Limited/ineffective verbally, nonverbally; maybe withdrawn or hyper demonstrating multiple symptoms	Not clear about problems, marginal effectiveness in communicating with teachers, family, staffs.	Moderately effective in communicating with others, benefits from supports	Adequately effective verbal & nonverbal with others, minimal help for assistance w/needs	Optimally effective with others, communication not impacted by signs and symptoms of illness.
<b>Safety:</b> Rate safe decision plus safe conduct & maintenance of personal safety	Unsafe, Imminent 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, needs supervision.	Marginally safe, aware and self- protective, benefits from <u>regular</u> monitoring, more than expected.	Moderately safe, good decisions, benefits fm <u>routine</u> care-givers (e.g. home visits by helping persons).	Safe decisions; Adequate self- protection with minimal assistance, family, neighbors, friends, others	Optimally safe; alert, takes care of self with no significant assistance from others.
<b>Managing Time:</b> Rate management of sleep, study time, self –directed as age appropriate	High risk- aberrant routines or MIA (missing), No management of time; pervasive direction of others.	Marked limitations in routine time management, needs or uses continuous extensive direction, supervision	Limited, e.g., poor sleep, mealtimes, management of school, meds,; might require constant direction	Marginally effective, disruptions in routines; uses regular direction, e.g., prompts	Moderately effective time management, benefits from routine prompts, 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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<b>Managing Money or possessions:</b> Rate independent management of personal monies or “stuff” for children, e.g., possessions, school or personal things or allowance	No allowance, income & no involvement in managing personal possessions, total dependence on public or institutional help.	Marked limitations in management of personal allowances, possession; stealing or minimally adequate spending, managing things, possessions.	Mishandles personal/other’s possessions; Minimal participation in managing personal finances; no allowance or no choices- no control	Marginally manages personal allowance, things of value to child & others, moderately participates in chores, tasks to earn rewards	Moderately independent in managing personal finance, min. intermittent assistance from others, significant participation in managing assets	Adequately independent in managing independent, personal assets with minimal checks and balances or assistance of others	Optimal independence in managing independent and personal finances
<b>Nutrition:</b> Rate quality and quantity of nutritional foods consumed to adequately address signs and symptoms of illness.	High risk dietary concerns; Does not manage nutritional needs; no participation in meal planning, shopping, and preparation.	Very severe dietary problems (e.g., too much or too little food complicating treatment) raising multiple concerns for danger to self, needs or requires constant supervision	Serious limitations and serious nutrition needs; does not eat well or limit problem foods, e.g., sugar, caffeine drinks, limited participation in personal nutrition.	Marginal independence managing nutritional foods 2x/day; some age- appropriate participation in meal planning, shopping, and preparation.	Moderately independent in eating nutritional foods 2x/day, benefits from assistance, but age appropriately participates in meal planning, shopping & preparation.	Adequately independent in managing & eating nutritional foods 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.
<b>Problem Solving:</b> Rate independent management of problems, stress, boredom, structure, redirection in school, with family, with treatment issues	Evidence of danger - No problem solving, pervasive needs, approaching health endangering threat; or others structure and handle daily living problems	Very severe limitations in problem solving, often involving constant supervision, minimal participation in problem solving.	Seriously limited in meeting day to day needs, solving problems at school, home; requires interventions, 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, addressing treatment issues with routine assistance from others.	Adequately self- sufficient in day to day problem solving, developing options for problems - minimal assistance from others.	Optimal and independent problem solving with no significant assistance from others.
<b>Family Relationships:</b> Rate client behavior in family interactions (separate from friends), quality of family relationship	Dysfunctional relationships or deviant behaviors often leading to physical aggression or severe abuse, withdrawn, often rejected by others.	Concern for danger e.g., Very dysfunctional relationships in household, routine duress, or destructive verbal or physical behav.	Dysfunctional and disruptive relationships or no positive interaction. Complications may involve multiple residences, out of home placements	Marginally functional family relationships (i.e. relationships are often stressed or infrequent, superficial, unreliable).	Moderately effective continuing and close relationship with at least one family member or 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

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<b>Alcohol/Drug Use:</b> Rate current use of alcohol/drug abstinence or safe use; re: cigarettes with 110 toxic chemicals is illegal	Current abuse or dependence leading to imminent health and safety threats - pervasive substance abuse, no self- control	Current abuse or dependence with extremely limited self-control or denies substance abuse problem, does not participate in treatment;	Current chemical abuse or dependence, acknowledges serious substance abuse but shows limited self-control, weak treatment plan	Current problem with cigarettes, alcohol, other addiction or involved w/courts due to use, abuse; IS active with treatment	No current use but recent history of abuse/dependence, adequately aware of risks and seeking help, information, support, treatment to sustain success.	Safe use, not smoking or drinking – or Abstinent with self help groups.	No use or history of substance abuse- related problems and Optimal self- control with peers and substances;
<b>Leisure activities:</b> Rate independent participation in leisure activities.	Dependent - No independent participation in leisure activities.	Dependent - min. participation in leisure of any kind without help.	Limited: TV/PC, limited 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.
<b>Community Resources:</b> Rate independent use of after-school activities, church, health & social services.	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 with community resources though it is age appropriate	Does not seek appropriate supports w/o help; Limited independence with community resources, reliant on help to gain access.	Marginally independent, 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.
<b>Social Network:</b> Rate quality of interactions with immediate social network (e.g. close friends not family)	Extremely dysfunctional relationships (i.e. imminent physical aggression involves police or severely withdrawn)	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 with assertively contributions
<b>Sexuality:</b> Rate sexual health, age-appropriate sexual expression, behaviors, safe sexual interactions, positive gender identity	Severely dysfunctional, <u>pervasive high risk</u> , danger to self or others prompts continuous <u>protective</u> supervision	Marked limitations in sexual health & self-care, likely prompts extensive level of protective interventions due to <u>high risk to self or</u> <u>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 self & health, self- respect, asking only expected and minimal guidance from others.	Optimal sexual self-care, self respect and respect for partner, no guidance from others needed.

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<b>Productivity:</b> Rate functioning primarily in most appropriate expected role (i.e. student, volunteer, employee)	Productivity severely limited; often unable to work or adapt to school; virtually no attempt to be productive.	Occasional attempts at productivity unsuccessful; aggressive or does not respond to structure at home or in day activities.	Limited productivity; often with currently restricted capabilities for school, independent employment	Marginal productivity with mental distress (e.g. reduced ability to maintain grade point average with peer group)	Moderately functional working in school, independent job, at home; fluctuates with limited skills, experience.	Adequate functioning, working well at school, independent jobs, home; not applying all available abilities.	Optimally performs employment- related functions, homemaking, or school tasks with ease and efficiency.
<b>Coping skills:</b> Rate effective use of coping mechanisms.	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. volatile or typically responds negatively to any corrections)	Marginally effective knowledge & use of coping actions; needs tx or prompts 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.
<b>Behavioral Norms:</b> Rate getting along, age appropriate with extended social network, friends, interaction with community	Totally isolated from or evidences severely deviant behaviors (i.e. behavior is overtly disruptive or threatening, may involve criminal justice sanctions)	Often isolated or bullies,demonstrate deviant behaviors, e.g., rejected or belligerent to peers, helpers, neighbors; <i>may</i> have serious restrictions by courts/parole.	Limited successful and appropriate interactions, survival level interactions or seriously impaired behaviors, e.g., arrested, restricted by courts/parole	Marginally effective interactions; may receive multiple public system supports in accord with needs; may be compliant with courts/parole;	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
<b>Personal Hygiene:</b> Rate age- appropriate independent healthcare of personal hygiene, dental and oral care	No self care - no personal hygiene; <u>evidence indicates</u> health endangering threat, high risk, pervasive needs.	Severe problems with teeth or in self-care of personal hygiene, <u>concern</u> for 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 hygiene, effective self-care in maintaining good hygiene; minimal prompts or assistance	Optimal hygiene functioning, self- sufficient around cleanliness; no issues.
<b>Grooming:</b> 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 serious needs	Limited self-care in grooming, general observations indicate severe impairments.	Marginally self- sufficient in maintaining adequate grooming -regular assistance.	Moderately self- sufficient in grooming with prompts or support - routine assistance.	Adequate self- sufficiency in grooming, clean hair, hands, compliant in school	Optimal self- sufficiency in grooming with no routine assistance.
<b>Dress:</b> Rate independent care & appearance of appropriate dress	Unclean, undressed - high risk needs due to no self-care	Severe impairment, wearing unclean & inappropriate dress for weather, tasks.	Insufficient clean dress or dress is in poor repair, ill fitting in all weather	Marginally self- sufficient in maintaining clean, appropriate dress,	With periodic support or help, wears clean, appropriate dress,	Adequate self- sufficiency in maintaining clean, appropriate dress,	Optimal self- sufficiency in maintaining clean, appropriate dress;