Consumer Name:
Consumer ID:

Daily Living Activities (©DLA-20): Alcohol-Drug
W.S. Presmanes, MEd., M.A., and R.L. Scott, PhD

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 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 available"). A score of 5 to 7 in an activity indicates functioning "within normal limits" (WNL) for that activity. Enter N/A only if the activity was " not assessed" – not applicable does not exist. Do not rate more than 5 items N/A.

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; no significant impairment or problems in functioning requiring paid supports

ACTIVITIES	Examples of scoring strengths as WNL behaviors (Scores 5-7) for Review 1 - 5	R1	R2	R3	R4	R5
1. Healthcare Practices	Biomedical concerns WNL. HALTS to avoid relapse – Manages to avoid getting Hungry, Angry, Lonely or Tired. Manages exercise. Negative TB.					
2. Housing stability, Maintenance	Household living environment is independent and sufficiently supportive of recovery: e.g., new recovery skills or new environment or new significant support networks.					
3 Communication	Responsive, listens, expresses feelings, anger effectively with others.					
4. Safety	Avoids high-risk places, situations for AOD relapse, physical abuse.					
5. Managing Time	Rarely tardy or absent for treatment program, work, appointments, adequate task management, follows regular sleep cycles, mealtimes.					
6. Managing Money	Manages money wisely, pays bills 1st, controls spending habits & responsible with money; no theft or deceit with money.					
7. Nutrition	Eats ≥ 2 nutritious meals; fluids, vital signs, blood reports WNL					
8. Problem Solving	WNL cognitive functioning, concentrating, remembering, making decisions; resolves basic problems, thoughts/plans of suicide, asks questions for clarity.					
9. Family Relationships	Practices healthy relationship-communication skills with family; works to resolve conflicts & learn about impact of SA on family.					
10. Alcohol/ Drug Use	Abstains from AOD use, cigarettes & any medication over the counter or prescribed without direct supervision of M.D. knowledgeable of special risks.					
11. Leisure	Participates in drug-free activities, books, movies, plays sports, board games, music, dances; avoids A/D places alone or with others.					
12. Community Resources	Participates in treatment program & self-help support groups; uses employment assistance programs & arranges safe transportation.					
13. Social Network, Peers	Finds and participates in drug-free social network, peer groups. Gets along with neighbors, coworkers, community.					
14. Sexuality	No behavior known to be high risk for STDS, AIDS, unwanted pregnancies; sexually appropriate behavior - not hostile, exploiting.					
15. Productivity	Independently learning skills for financial self-support or working, volunteering, homemaking, finishing GED.					
16. Coping Skills	Knows relapse triggers, has prepared plan for dealing with risky situations and craving episodes. Regains self control reasonably well.					
17. Behavior Norms	Exhibits self-control over physical or verbal aggression, dangerous, violent, nuisance, bizarre behaviors. Law-abiding with full restitution/no court orders.					
18. Personal Hygiene	Presents self as generally clean, e.g., bathes, showers, brushes teeth.					
19. Grooming	Cares for general appearance, e.g., hair, hands, makeup, shaves.					
20. Dress	Wears clean clothes without alcohol, drug-related logos, messages.					

Scoring Instructions: (Can sum all 20 & take 1/2) or Step 1. Add scores from applicable column. Step 2. Divide sum by number of activities actually rated. This is the average DLA Step 3. To estimate DSM-5 count of serious disturbances (2015), multiply the average DLA score by 10. Error range =/-3 points\. See Crosswalk for mGAF and count # disturbances (mGAF= Modified GAF) Step 4: See crosswalk: Severity Index (ICD-10 codes) = 0 moderate function to 3 extremely severe	Sum					
	Average DLA-20					
	Est.# Serious disturbances					
	Severity Index					

CROSSWALK from Average Composite DLA-20 Scores to Severity of Illness (ICD-10 4th digit modifier):

DLA-20 >= 6.0 = Adequate Independence; No significant to
    slight impairment in functioning

DLA-20: 5.1- 6.0 = Mild impairments, minimal interruptions in recovery
ICD 10 4th digit modifier = 0 Severity Index
DSM-5 # symptoms: few and mild (mGAF tallies)
WHODAS 2.0 Self-report (generally crosswalks) average score <=2
LOCUS (generally crosswalks) Level 1

DLA-20: 4.1- 5.0 = Moderate impairment in functioning
ICD 10 4th digit modifier = 1 Severity Index
DSM-5 counts of serious symptoms: 1-3 serious symptoms/disturbances
WHODAS 2.0 Self-report (generally crosswalks) average score 3
LOCUS (generally crosswalks) Level 2 or ASAM Level 1

DLA-20: 3.1- 4.0 = Serious impairments in functioning
ICD 10 4th digit modifier = 2 Severity Index
DSM-5 counts of serious symptoms: 4-6 serious symptoms/disturbances
WHODAS 2.0 Self-report (generally crosswalks) average score 4
LOCUS (generally crosswalks) Level 3, lower average DLAs to ASAM 2

DLA-20: 2.1- 3.0 = Severe impairments in functioning
ICD 10 4th digit modifier =3 Severity Index
DSM-5 counts of serious symptoms: 7-10 serious disturbances
WHODAS 2.0 Self-report average score is severe distress, high risk
LOCUS (generally crosswalks) Level 4

DLA-20: <= 2.0 Extremely severe impairments in functioning
ICD10 4th digit modifier = 3 Severity Index
Modified Global Assessment of Functioning (mGAF) identifies intensely high-risk symptoms = 11+

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).