

Consumer Name:  
 Consumer ID:

**Daily Living Activities (CDLA-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  $\geq 5$  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 None of the time; extremely severe impairment of problems in functioning; pervasive level of continuous paid supports needed	2 A little of the time; severe impairment or problems in functioning; extensive level of continuous paid supports needed	3 Occasionally; moderately severe impairment or problems in functioning; moderate level of continuous paid supports needed	4 Some of the time; moderate impairment or problems in functioning; low level of continuous paid supports needed	5 (WNL) A good bit of the time; mild impairment or problems in functioning; moderate level of intermittent paid supports needed	6 (WNL) Most of the time; very mild impairment or problems in functioning; low level of intermittent paid supports needed	7 (WNL) All of the time; independently managed DLA in community; no impairment or problem in functioning requiring paid supports
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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.	5				
2. Housing Stability, Maintenance	Maintains stable housing; organizes possessions, cleans, abides by rules and contributes to maintenance if living with others	5				
3. Communication	Listens to people, expresses opinions/feelings; makes wishes know effectively.	5				
4. Safety	Safely moves about community – adequate vision, hearing, makes safe decisions. Safely uses small appliances, ovens/burners, matches, knives, razors, other tools.	7				
5. Managing Time	Follows regular schedule for bedtime, wake-up, meal times, rarely tardy or absent for work, day programs, appointments, scheduled activities.	5				
6. Managing Money	Manages money wisely (independent source of funds); controls spending habits.	7				
7. Nutrition	Eats at least 2 basically nutritious meals daily.	7				
8. Problem Solving	Resolves basic problems of daily living, asks questions for clarity and setting expectations.	6				
9. Family Relationships	Gets along with family, positive relationships as parent, sibling, child, significant other family member.	7				
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.	7				
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.	2				
12. Community Resources	Uses other community services, self-help groups, telephone, public transportation, religious organizations, shopping.	3				
13. Social Network	Gets along with friends, neighbors, coworkers, other peers.	6				
14. Sexuality	Appropriate behavior toward others; comfortable with gender, respects privacy and rights of others, practices safe sex or abstains.	7				
15. Productivity	Independently working, volunteering, homemaking, or learning skills for financial self-support.	1				
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.	7				
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.	7				
18. Personal Hygiene	Cares for personal cleanliness, such as bathing, brushing teeth.	2				
19. Grooming	Cares for hair, hands, general appearance; shaves.	2				
20. Dress	Dresses self; wears clean clothes that are appropriate for weather, job, and other activities; clothing is generally neat and intact.	5				
Scoring Instructions: Ratings for all 20 DLAs can be added then divided in half to estimate mGAF or:		Sum (max. 140)	103			
Step 1. Add scores from applicable column.		Average/ DLA	5.15			
Step 2. Divide sum by number of activities actually rated. This is the average DLA score.		Est. mGAF	51.9			
Step 3. To estimate GAF or mGAF, multiply the average DLA by 10. Compare to DSMIV Axis V GAF description on back and compare to calculated DLA+3 points.		Change Score				
Step 4. +/- Change/Outcome Score: subtract GAF/mGAF, column R1 from most recent rating R2 to R5.						

Smokes cigarette