

DLA Screening Tool

<u>Living Aspect</u>	<u>Physical Aspect</u>	<u>Mental Aspect</u>	<u>Days week</u>
<i>Walking outdoors</i>			
<i>Walking outdoors alone in unfamiliar places</i>			
<i>Preparing a cooked main meal for yourself</i>			
<i>Moving about indoors</i>			
<i>Taking medication</i>			
<i>Eating and drinking</i>			
<i>Staying safe if you're alone</i>			
<i>Communicating with other people</i>			
<i>Getting out of bed in the morning</i>			
<i>Getting into bed at night</i>			
<i>Sleeping</i>			
<i>Using the toilet</i>			
<i>Washing, having a bath or a shower</i>			
<i>Looking after your appearance</i>			
<i>Getting dressed and undressed</i>			
<i>Social and leisure activities</i>			