

# Vineland Adaptive Behavior Scales

## What's the purpose?

The Vineland Adaptive Behavior Scales assess everyday life skills such as communication, social interaction, and daily living abilities. The results help identify developmental and intellectual disabilities, autism, and other conditions that may affect daily functioning. Clinicians use this information to determine eligibility for services, guide individualized support plans and monitor progress over time.

## What do I have to do?

This assessment is typically completed by a therapist or clinician through an interview with a parent, caregiver, or teacher who knows the individual well.

The evaluation includes questions related to three areas:

- Communication (using and understanding language)
- Daily living skills (eating, dressing, using money, household tasks)
- Social skills (making friends, playing, understanding social rules)



## What does my score mean?

The assessment provides scores in three areas — communication, daily living skills, and social skills — as well as an overall score called the Adaptive Behavior Composite (ABC). Scores for each area and for the ABC range from 20 to 160. The individual area scores help identify a person's strengths and areas where additional support may be helpful, while the ABC is often used to determine eligibility for services and supports.

Understanding the scores:

- Most people score between 85 and 115.
- Scores below 85 may indicate difficulties with some everyday skills.
- Scores below 70 suggest more significant challenges and help clinicians determine the type and level of support needed.

*Have a conversation with your therapist about what the results mean for you.*

To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).

Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

