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## INTELLECTUAL DISABILITY CHECKLIST

This checklist is designed as a measure of symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with comprehensive medical, clinical and standardised cognitive assessments. It is **NOT** a stand-alone diagnostic tool.

- Category A** - Problems with intellectual activities (e.g. reasoning, problem solving, planning, abstract thinking, learning).
- Category B** - Poor adaptive functioning, failure to meet developmental milestones related to independence and responsibility, and limited functioning in one or more daily life activities (e.g. communication, social participation) across multiple environments (e.g. school, home).
- Category C** - Problems developing, maintaining and understanding relationships (e.g. difficulties adjusting behaviour in different social settings, lack of interest in or understanding of peers and social play activities).

If a person has experienced symptoms from **all categories** during their **early developmental period and beyond**, it is recommended that they engage in a clinical assessment and individualised, standardised intelligence testing in order to determine whether they meet criteria for a diagnosis of an **intellectual disability**.

For a more comprehensive psychological and cognitive assessment, contact Strategic Psychology to book an appointment at **[strategicpsychology.com.au](http://strategicpsychology.com.au)**.

**Reference:**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.