

STAGE 1 - NORMAL AGING	
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	No cognitive changes evident. Normal aging, normal brain function.
STAGE 2 - EARLY STAGE	
Mild Cognitive Impairment (MCI)	Minimal brain tissue loss
Stage thought to last - unknown amount of time	Ages 40 to 55/60
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Fleeting moments of cognitive loss
<input type="checkbox"/>	Recovers relatively quickly from mistakes, may correct self
<input type="checkbox"/>	Misplaces familiar objects
<input type="checkbox"/>	Forgets names he/she knows well
<input type="checkbox"/>	No problems completing tasks or at social functions
<input type="checkbox"/>	Exhibits appropriate concern over memory function
<input type="checkbox"/>	Vacillates between seeking medical care and ignoring symptoms
<input type="checkbox"/>	Functions effectively at work and at home
<input type="checkbox"/>	Highly functional social skills
<input type="checkbox"/>	Requires complete cognitive testing to determine illness
<input type="checkbox"/>	Responds to cognitive therapy
<input type="checkbox"/>	Scores well on orientation test
<input type="checkbox"/>	Amnesia ¹ beginning to be expressed
STAGE 3 - MIDDLE STAGE	
Beginning Dementia	Minimal brain tissue loss
Stage thought to last 1 - 4 years	
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Memory deficit evident in intensive interview
<input type="checkbox"/>	Attempts to conceal deficits and denies any cognition difficulties
<input type="checkbox"/>	Expresses concern regarding deficits (mild/moderate anxiety)
<input type="checkbox"/>	Problems performing in demanding situations (work or social)
<input type="checkbox"/>	Co-workers/family members beginning to be aware of increasing challenges
<input type="checkbox"/>	Can get lost traveling to new areas
<input type="checkbox"/>	Exhibits signs of cognition but may retain little new information
<input type="checkbox"/>	Name/word finding difficulty more frequent
<input type="checkbox"/>	Challenged to remember new names
<input type="checkbox"/>	May appear depressed
<input type="checkbox"/>	Demonstrates high social skill level
<input type="checkbox"/>	Uses humor to avoid answering questions
<input type="checkbox"/>	No noticeable physical changes, but may begin stumbling or falling or sleeping excessively
<input type="checkbox"/>	Beginning to skip steps in tasks
<input type="checkbox"/>	Able to score well on orientation test, but not on cognition exam
<input type="checkbox"/>	At times appears befuddled or confused
<input type="checkbox"/>	Amnesia ¹ and Aphasia ² present - needs new information repeated

STAGE 4 - MIDDLE STAGE	
Moderate Dementia	4 ounces brain tissue loss
Stage thought to last 1- 4 years	Equivalent of 12 years old to adulthood
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Decreased knowledge of current and recent events
<input type="checkbox"/>	Memory deficits regarding personal history, may look to spouse to answer questions
<input type="checkbox"/>	Decreased ability to perform serial subtractions (100 - 7, 93 - 7, 86 -7, etc.)
<input type="checkbox"/>	Difficulty with immediate recall - for example, what time is doctor's appointment?
<input type="checkbox"/>	Difficulty with complex tasks such as driving, finances, shopping, bathing
<input type="checkbox"/>	Denial of deficits, with or with out agitation and annoyance
<input type="checkbox"/>	Withdraws from challenging situations - refuses to complete tasks, may make excuses
<input type="checkbox"/>	Increased anxiety/frustration over abilities or loss of abilities
<input type="checkbox"/>	Difficulty telling jokes, stories - starting to mix up stories
<input type="checkbox"/>	Decreased facial affect (emotion on face)
<input type="checkbox"/>	Increased depressive symptoms, possibly Atypical ⁸ : anxiety, anger, agitation, aggression
<input type="checkbox"/>	May hesitate when trying to correctly identify family members or close friends
<input type="checkbox"/>	Can have normal cognition for hours or days, then become quite confused
<input type="checkbox"/>	May become lost in tasks
<input type="checkbox"/>	Greater language challenges, word-finding difficulty
<input type="checkbox"/>	Begins to have stumbles or falls
<input type="checkbox"/>	Begins to shadow caregiver and may begin to have difficulty with ADLs ⁶ or IADLs ⁷
<input type="checkbox"/>	May begin keeping lists of family names, phone numbers, etc.
<input type="checkbox"/>	Exhibits greater desire for sweet foods
<input type="checkbox"/>	May score well on orientation test, dementia evident on cognition exam
<input type="checkbox"/>	Amnesia ¹ , Aphasia ² , Agnosia ³ and Anosognosia ⁴ present, some paranoia present
EARLY STAGE 5 - LATE STAGE	
Moderately Severe Dementia	1/2 to 1 pound of brain tissue loss
Stage thought to last 1- 3 years	Equivalent of 12 - 8 year old
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Disorientation to time (date, day of week, season, etc.) or place
<input type="checkbox"/>	Immediate memory relatively intact - knows self and family
<input type="checkbox"/>	May need assistance choosing and layering clothing, but denies need for IADL/ADL
<input type="checkbox"/>	May crave sweets over other foods
<input type="checkbox"/>	Begins to have falls
<input type="checkbox"/>	Hunting and gathering stage, wanders from room to room collecting items
<input type="checkbox"/>	Urinary incontinence begins – monthly to weekly to daily
<input type="checkbox"/>	Wears clothing appropriately (hearing aid, glasses, carries purse)
<input type="checkbox"/>	*Feeds self (may need meal set-up)
<input type="checkbox"/>	Sleep disturbances, excessive sleeping or napping
<input type="checkbox"/>	Can score well on an orientation test, but not a cognition test
<input type="checkbox"/>	Wanders looking for a way out (purposeful wandering/ Sundowning)
<input type="checkbox"/>	Follows simple instructions for ADLs, verbal cues needed for tasks
<input type="checkbox"/>	Unexplained tearfulness or extreme laughter
<input type="checkbox"/>	Catastrophic reactions - may be easily annoyed, agitated, verbally or physically aggressive
<input type="checkbox"/>	Hallucinations, accusatory behavior, excessive sleeping - report to doctor
<input type="checkbox"/>	Amnesia ¹ , Aphasia ² , Agnosia ³ , Anosognosia ⁴ and Apraxia ⁵ evident to outsiders

LATE STAGE 5 - LATE STAGE	
Moderately Severe Dementia	Equivalent to 8 - 4 year old
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	May begin having chronic Urinary Tract Infections (UTIs)
<input type="checkbox"/>	Appears severely depressed with increased loss of facial affect
<input type="checkbox"/>	Increased fall risks, may not recognize severity of the fall especially to the head
<input type="checkbox"/>	Coordinated movement/function beginning to be affected
<input type="checkbox"/>	Begins to be lost in current time
<input type="checkbox"/>	Difficulty recognizing self in a mirror
<input type="checkbox"/>	Challenged to recall family members, may confuse daughter with mother, etc.
<input type="checkbox"/>	Accuses family members, caregivers of theft, infidelity, lying, increased paranoia possible
<input type="checkbox"/>	Automatic "yes/no" speech functions, but without understanding
<input type="checkbox"/>	May begin using curse words as temporal lobes become damaged
<input type="checkbox"/>	Changes in visual perception increasing, bumps into objects, peripheral vision damaged
<input type="checkbox"/>	Difficulty interpreting background noise
<input type="checkbox"/>	Challenged to perform rehab for injuries, may appear stubborn to therapist/family
<input type="checkbox"/>	Cannot give accurate information, verbal skills damaged
<input type="checkbox"/>	Caregivers may confuse behavior for purposeful action – lying, etc.
<input type="checkbox"/>	Physical appearance beginning to be affected
<input type="checkbox"/>	Pilling or rubbing hand motions common, may enjoy folding items
STAGE 6 - LATE STAGE	
Severe Dementia	1 - 1 ½ pounds of brain tissue loss
Stage thought to last 1- 3 years	Equivalent to 4 – 2 year old
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Unable to recall most recent events
<input type="checkbox"/>	Repetitiveness in motion or speech or memory
<input type="checkbox"/>	May be in constant motion, wanders/walks for hours
<input type="checkbox"/>	Removes/won't wear clothing appropriately
<input type="checkbox"/>	Disregards eyeglasses, dentures, hearing aids (Agnosia ³) - may throw them away
<input type="checkbox"/>	Refuses to change clothing, unable to complete IADLs and a few ADLs
<input type="checkbox"/>	*Feeds self with set-up, cues and assistance
<input type="checkbox"/>	Bowel incontinence begins
<input type="checkbox"/>	Sleep disturbances - may increase sleep, may require little sleep
<input type="checkbox"/>	Catastrophic reactions may occur - great resistance to care giving, bathing
<input type="checkbox"/>	Purposeless wandering/Sun-downing (wandering without an agenda)
<input type="checkbox"/>	Cannot complete a two-stage command, such as pick up a piece of paper and fold it
<input type="checkbox"/>	Apraxia ⁵ advanced, gait altered (small shuffling steps)
<input type="checkbox"/>	Aphasia ² increased, great language loss, uses bits and pieces of words or sounds
<input type="checkbox"/>	Weight loss beginning, may lose ½ or more of body weight
<input type="checkbox"/>	Difficult to engage with caregiver, challenged to initiate conversation
<input type="checkbox"/>	Disheveled appearance
<input type="checkbox"/>	Fall risk continues to increase until wheelchair bound, risk for fractured bones increases
<input type="checkbox"/>	Difficult to perform rehab for injuries
<input type="checkbox"/>	Almost total loss of facial affect
<input type="checkbox"/>	May suddenly use complete sentence, then only words or sounds

STAGE 7 - LATE STAGE	
Very Severe Dementia	1 ½ - 2 pounds of brain tissue loss
Stage thought to last 1- 2 years	Equivalent to 2 year old - Infant
<input checked="" type="checkbox"/>	BEHAVIORAL CHARACTERISTICS
<input type="checkbox"/>	Frequently no speech at all – mostly grunting or word sounds
<input type="checkbox"/>	*Cannot feed self --- chipmonking or holding food in cheeks, high risk for choking
<input type="checkbox"/>	Unable to sit up independently, unable to hold head up
<input type="checkbox"/>	Loss of basic psychomotor skills (unable to walk w/o assistance)
<input type="checkbox"/>	Hyper oral (may put everything in mouth)
<input type="checkbox"/>	Requires total care, displays great muscular flexation, hands curl, arms and legs pull up
<input type="checkbox"/>	Extreme risk for skin breakdown leading to wounds
<input type="checkbox"/>	Spends majority of day asleep or semi-alert, but understands tone of caregiver
<input type="checkbox"/>	Extreme weight loss
<input type="checkbox"/>	Loss of ability to smile – indicates death is near

Use the Actively Dying Assessment Tool (ADAT) to assess Stage 7 care needs. ADAT is available online at www.tamcummings.com.

Amnesia¹ - the inability to use or retain short-term or long-term memory

Aphasia² - the inability to use or understand language

Agnosia³ - the inability to use or recognize common objects or people

Anosognosia⁴ - the inability to recognize impaired function (not denial) in memory, general thinking skills, emotions and body functions

Apraxia⁵ - the inability to use coordinated and purposeful muscle movement

ADLs⁶ - Katz's Index of Independence in Activities of Daily Living - bathing, dressing, toileting, transferring, continence and feeding

IADLs⁷ - Lawton-Brody Instrumental Activities of Daily Living - the ability to use a telephone, shopping, food preparation, housekeeping, laundry, mode of transportation, responsibility for own medication

Atypical Depression⁸ is a form of depression more commonly seen in dementia. Person appears aggressive - either verbally or physically or both, angry, anxious, agitated and/or annoyed.

***Food preparation moves from regular to mechanically chopped to finger foods to pureed. Your doctor will write an order for a speech therapist to evaluate your loved one's ability to chew and swallow food and liquids.**