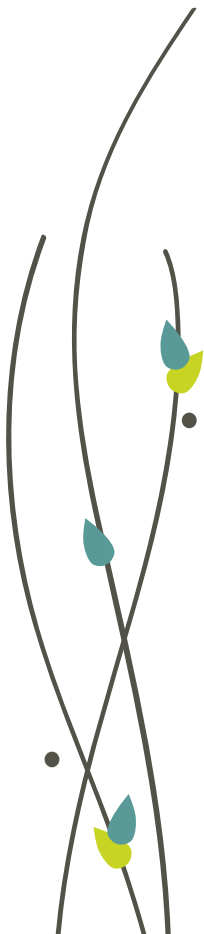




Transitions  
PalliativeCare

# FAST Scale for Dementia



## What is the FAST Scale?

The Functional Assessment Staging (FAST) scale is a functional scale designed to evaluate the more moderate–severe stages of dementia. In the early stages, the individual may be able to participate in the FAST administration, but usually the information should be collected from a caregiver or caregiving staff.

## FAST Functional Milestones

**Stage 1 is the normal adult** with no cognitive decline.

**Stage 2 is the normal older adult** with very mild memory loss.

**Stage 3 is early dementia.** Here memory loss becomes apparent to co-workers and family. The person may be unable to remember names of people just introduced to them.

**Stage 4 is mild dementia.** The person may have difficulty with finances, counting money, and travel to new locations. Memory loss increases, while their knowledge of current and recent events decreases.

**Stage 5 is moderate dementia.** In this stage, the person needs more help to function. They do not need assistance with toileting or eating, but do need help choosing clothing. They may not know the date and year or where they live. However, they do know who they are and the names of their family and friends.

**Stage 6 is moderately severe dementia.** The person may begin to forget the names of family members or friends. They require more assistance with activities of daily living, such as bathing, toileting, and eating. They may develop delusions, hallucinations, or obsessions, and may become violent. They show increased anxiety and begin to sleep during the day and stay awake at night.

**Stage 7 is severe dementia.** In this stage, all speech, urinary and bowel control, and the ability to walk is lost. Most people become bedridden.



*Content adapted from The John A. Hartford Center of Excellence in Geriatrics Education.*

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## FAST Scale Tool

Stage	Skill Level
1	No difficulties, either subjectively or objectively.
2	Complains of forgetting location of objects. Subjective word-finding difficulties.
3	Decreased job function evident to co-workers. Difficulty traveling to new locations. Decreased organizational capacity.*
4	Decreased ability to perform complex tasks (e.g., planning dinner for guests), handling personal finances (e.g., forgetting to pay bills), marketing, etc.
5	Requires assistance choosing proper clothes for day/season/occasion.
6a	Difficulty properly putting on clothes without assistance.
6b	Unable to bathe properly (e.g., difficulty adjusting bath water temperature).*
6c	Inability to handle mechanics of toileting (e.g., flushing toilet, wiping properly, disposing of toilet tissue).*
6d	Urinary incontinence.*
6e	Fecal incontinence.*
7a	Speech ability limited to ~6 different words or fewer in an average day/intensive interview.
7b	Speech ability limited to a single intelligible word in an average day/intensive interview.
7c	Ambulatory ability lost.
7d	Ability to sit up without assistance lost.
7e	Ability to smile lost.

**STAGE:**

*\*Occasionally or more frequently over the past weeks, as noted by a knowledgeable caregiver/informant.*