

# FAST Assessment



The Functional Assessment Staging Tool (FAST) is used to help physicians, medical professionals and family members understand talk about and follow the progression of Dementia. It was developed to help determine the stage and severity of an individual's mental decline.

<b>Stage</b>	<b>Assessment</b> <i>(score is highest consecutive level of disability)</i>
<b>1</b>	No difficulties, either subjectively or objectively
<b>2</b>	Complains of forgetting location of objects; subjective word finding difficulties only
<b>3</b>	Decreased ability to perform complex tasks (e.g., planning dinner for guests; handling finances; marketing)
<b>4</b>	Decreased job function evident to coworkers; difficulty in traveling to new locations
<b>5</b>	Requires assistance in choosing proper clothing for the season or occasion
<b>6a</b>	Difficulty dressing properly without assistance
<b>6b</b>	Unable to bathe properly; may develop fear of bathing. Will usually require assistance adjusting bath water temperature
<b>6c</b>	Inability to handle mechanics of toileting (i.e., forgets to flush; doesn't wipe properly)
<b>6d</b>	Urinary incontinence, occasional or more frequent
<b>6e</b>	Fecal incontinence, occasional or more frequent
<b>7a</b>	Ability to speak limited to about half a dozen words in an average day
<b>7b</b>	Intelligible vocabulary limited to a single word in an average day
<b>7c</b>	Non-ambulatory (unable to walk without assistance)
<b>7d</b>	Unable to sit up independently
<b>7e</b>	Unable to smile
<b>7f</b>	Unable to hold head up

Source: Dr. Barry Reisberg, 1984

The Hospice of Chattanooga team is available for consultations any time. Please let us know how we can serve you.

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