

Functional Assessment Staging (FAST) for Dementia

Assess highest consecutive level of disability

- 1 No difficulty either subjectively or objectively.
- 2 Complains of forgetting location of objects. Subjective work difficulties.
- 3 Decreased job functioning evident to co-workers. Difficulty in traveling to new locations. Decreased organizational capacity.*
- 4 Decreased ability to perform complex tasks (e.g. planning dinner for guests, handling personal finances [such as forgetting to pay bills], difficulty shopping, etc.).
- 5 Requires assistance in choosing proper clothing to wear for the day, season or occasion (e.g. patient may wear the same clothing repeatedly unless supervised).
- 6A Improperly putting on clothes without assistance or cueing (e.g. may put on street clothes on overnight clothes, or put shoes on the wrong feet, or have difficulty buttoning clothing).
- 6B Unable to bathe properly (e.g. difficulty adjusting the bath-water temperature).
- 6C Inability to handle mechanisms of toileting (e.g. forgets to flush the toilet, does not wipe properly or properly dispose of toilet tissue).
- 6D Urinary incontinence (worsening).
- 6E Fecal incontinence (worsening).
- 7A Ability to speak is limited to 6 different intelligible words or fewer in the course of an average day or in the course of an intensive interview.
- 7B Speech ability is limited to the use of a single intelligible word in an average day or in of an intensive interview (the person may repeat the word over and over).
- 7C Ambulatory ability is lost (cannot walk without personal assistance).
- 7D Cannot sit up without assistance (e.g. the individual will fall over if there are not lateral rests [arms] on the chair).
- 7E Loss of ability to smile.
- 7F Loss of ability to hold head up independently.

*Scored primarily on the basis of information obtained from knowledgeable source. Reisberg, B. Functional Assessment Staging (FAST). Psychopharmacology Bulletin 1988; 24:-653-659