

Functional Assessment Staging Tool (FAST) Scale

Patient name: Helen Thompson

Date: September 12, 2024

Assessor name: Dr. Julia Evans

Stage	A.D. stage	Cognitive age	Functional assessment	
<input type="radio"/>	1	Normal aging	No deficits whatsoever.	
<input type="radio"/>	2	Possible mild cognitive impairment	Complains of forgetting the location of objects. Subjective word-finding difficulties.	
<input type="radio"/>	3	Mild cognitive impairment	Adolescent	Decreased job function evident to co-workers; difficulty in traveling to new locations. Decreased organizational capacity.
<input checked="" type="radio"/>	4	Mild dementia	8-12 years old	Decreased ability to perform complex tasks (IADLs) such as bill paying, cooking, cleaning, traveling, and handling personal finances.
<input type="radio"/>	5	Moderate dementia	5-7 years old	Requires assistance in choosing proper clothing to wear for the day, season, and occasion.
<input type="radio"/>	6a	Moderately severe dementia	5 years old	Difficulty putting on clothes without assistance.
<input type="radio"/>	6b	Moderately severe dementia	4 years old	Unable to bathe properly (e.g. difficulty adjusting bath water temperature) occasionally or more frequently over the past weeks.
<input type="radio"/>	6c	Moderately severe dementia	4 years old	Inability to handle the mechanics of toileting (forgets to flush, does not wipe properly, or dispose of toilet paper) occasionally or more frequently over the past weeks.
<input type="radio"/>	6d	Moderately severe dementia	3-3.5 years old	Urinary incontinence (occasional or more frequent)
<input type="radio"/>	6e	Moderately severe dementia	2-3 years old	Fecal incontinence (occasional or more frequent)
<input type="radio"/>	7a	Severe dementia	18 months-newborn	Speaks 5-6 words during the day.
<input type="radio"/>	7b	Severe dementia	18 months-newborn	Speech limited to use of single intelligible word in an average day or over the course of interview (the person may repeat the word over and over).

Stage	A.D. stage	Cognitive age	Functional assessment
<input type="radio"/> 7c	Severe dementia	18 months-newborn	Ambulatory ability lost (can't walk without personal assistance).
<input type="radio"/> 7d	Severe dementia	18 months-newborn	Ability to sit up without assistance lost (will fall over without lateral supports).
<input type="radio"/> 7e	Severe dementia	18 months-newborn	Can no longer smile.
<input type="radio"/> 7f	Severe dementia	4-12 weeks	Can no longer hold their head up.

Additional notes and comments

Indicate the reasoning why you rated your patient as such. If you have conducted other tests, indicate them here and what their results are. You may also provide directives and reminders to teammates here:

Helen shows a marked decline in her ability to manage complex tasks such as bill paying and organizing household chores. She struggles with keeping track of her personal finances and requires reminders to complete these tasks. She is still able to perform basic activities of daily living independently but needs assistance with more intricate IADLs.

Helen's recent performance on cognitive tests, including the Mini-Mental State Examination (MMSE), indicates a decline consistent with early-stage dementia. She scored 19/30, confirming moderate cognitive impairment. Caregivers should ensure that Helen has support with financial management and meal preparation. We will schedule a follow-up in 3 months to monitor her progression and reassess her needs.