

Functional Assessment Staging Tool (FAST) Scale

Patient name: _____ Date: _____

Assessor name: _____

Stage	A.D. stage	Cognitive age	Functional assessment
1	Normal aging		No deficits whatsoever.
2	Possible mild cognitive impairment		Complains of forgetting the location of objects. Subjective word-finding difficulties.
3	Mild cognitive impairment	Adolescent	Decreased job function evident to co-workers; difficulty in traveling to new locations. Decreased organizational capacity.
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.
5	Moderate dementia	5-7 years old	Requires assistance in choosing proper clothing to wear for the day, season, and occasion.
6a	Moderately severe dementia	5 years old	Difficulty putting on clothes without assistance.
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.
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.
6d	Moderately severe dementia	3-3.5 years old	Urinary incontinence (occasional or more frequent)
6e	Moderately severe dementia	2-3 years old	Fecal incontinence (occasional or more frequent)
7a	Severe dementia	18 months-newborn	Speaks 5-6 words during the day.
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
	7c	Severe dementia	18 months-newborn	Ambulatory ability lost (can't walk without personal assistance).
	7d	Severe dementia	18 months-newborn	Ability to sit up without assistance lost (will fall over without lateral supports).
	7e	Severe dementia	18 months-newborn	Can no longer smile.
	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: