



Cedar
home health • hospice • pathfinders

Functional Assessment Staging (FAST) for Alzheimer's/Dementia

1. No difficulty either subjectively or objectively
2. Complains of forgetting location of objectives
Subjective work difficulties*
3. Decreased job functioning evident to co-workers
Difficulty in traveling to new locations
Decreased organization capacity*
4. Decreased ability to perform complex tasks such as: *
 - Planning dinner for guests
 - Handling personal finances (e.g. forgetting to pay bills)
 - Difficulty shopping, etc.
5. Requires assistance in choosing proper clothing to wear for the day, season or occasion*
Repeatedly observed wearing the same clothing, unless supervised
6. Improperly putting on clothes without assistance or cueing* (e.g. may put street clothes on over night clothes, put shoes on wrong feet, have difficulty buttoning clothing)
Unable to bathe properly (e.g. difficulty adjusting bath water temperature)*
Unable to handle mechanics of toileting (e.g. forgets to flush the toilet, does not wipe properly or properly dispose of toilet tissue)*
Urinary incontinence*
Fecal incontinence
7. Limited ability to speak more than 6 intelligible different words in an average day or interview*
Speech ability is limited to the use of a single intelligible word in a normal interaction*
Repetitive actions*
Ambulatory ability is lost (cannot walk without personal assistance)
Cannot sit up without assistance*
Individual falls over if no lateral arm rests on chair*
Loss of ability to smile*
Loss of ability to hold up head independently*

Typically hospice is appropriate if FAST score is 6 or 7, however, a patient does not need to meet all criteria in order to be hospice appropriate, and may have additional clinical needs that would also qualify them for hospice care. A Cedar Hospice nurse would be able to meet with the patient to determine their eligibility.

*Occasionally or more frequently over the past weeks. ©1984 by Barry Reisberg, M.D.

Fulfilling Hope