

FAST Stage Checklist for Family Caregivers

This checklist will be a useful tool for family caregivers to track their loved one's dementia progression.

Stage 1: Normal Adult

- ☐ Independently manages daily tasks
- ☐ No difficulty in conversation
- ☐ No problems remembering daily events

Stage 2: Normal Older Adult

- ☐ Occasionally forgets names or places
- ☐ Can recall forgotten information later
- ☐ Mild forgetfulness that doesn't interfere with daily life

Stage 3: Early Dementia

- ☐ Struggles with complex tasks
- ☐ Has difficulty planning events
- ☐ Finds managing finances challenging

Stage 4: Mild Dementia

- ☐ Needs help with some daily activities
- ☐ Requires assistance in choosing appropriate clothing
- ☐ May have trouble with time management or sequencing tasks

Stage 5: Moderate Dementia

- ☐ Requires assistance with daily activities
- ☐ Needs help with dressing and grooming
- ☐ May have difficulty with basic hygiene tasks

Stage 6: Moderately Severe Dementia

- ☐ Requires help with most daily tasks
- ☐ May be incontinent
- ☐ May have difficulty eating independently
- ☐ Needs significant assistance with personal care

Stage 7: Severe Dementia

- ☐ Loss of ability to communicate effectively
- ☐ May lose ability to speak
- ☐ May lose control of movements
- ☐ Requires full-time care for all activities

Instructions for caregivers:

1. Regularly review this checklist (e.g., monthly or as needed).
2. Check off the items that currently apply to your loved one.
3. Note the date of your assessment.
4. Share your observations with healthcare providers during appointments.
5. Remember that individuals may show symptoms from multiple stages.

This checklist can help you track changes over time and prepare for future care needs. Always consult with healthcare professionals for medical advice and treatment decisions.