



TIDES HOSPICE  
*Honoring Every Journey*

## Functional Assessment Staging Tool (FAST)

The Functional Assessment Staging Tool (FAST) is a scale used to measure the progression of dementia in individuals. It was developed by Dr. Barry Reisberg and his colleagues at New York University School of Medicine. FAST categorizes dementia into seven stages based on the level of cognitive and functional decline:

<b>Stage</b>	<b>Assessment</b> <i>(score is highest consecutive level of disability)</i>
<b>1</b>	No difficulties, either subjectively or objectively
<b>2</b>	Complains of forgetting location of objects; subjective word finding difficulties only
<b>3</b>	Decreased ability to perform complex tasks (e.g., planning dinner for guests; handling finances; marketing)
<b>4</b>	Decreased job function evident to coworkers; difficulty in traveling to new locations
<b>5</b>	Requires assistance in choosing proper clothing for the season or occasion
<b>6a</b>	Difficulty dressing properly without assistance
<b>6b</b>	Unable to bathe properly; may develop fear of bathing. Will usually require assistance adjusting bath water temperature
<b>6c</b>	Inability to handle mechanics of toileting (i.e., forgets to flush; doesn't wipe properly)
<b>6d</b>	Urinary incontinence, occasional or more frequent
<b>6e</b>	Fecal incontinence, occasional or more frequent
<b>7a</b>	Ability to speak limited to about half a dozen words in an average day
<b>7b</b>	Intelligible vocabulary limited to a single word in an average day
<b>7c</b>	Non-ambulatory (unable to walk without assistance)
<b>7d</b>	Unable to sit up independently
<b>7e</b>	Unable to smile
<b>7f</b>	Unable to hold head up

Source: Dr. Barry Reisberg, 1984