

GLOBAL DETERIORATION SCALE FOR DEMENTIA & ALZHEIMER'S DISEASE

Stages are general guides and symptoms vary greatly. Every person is unique. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to other people, but survival can range from three to 20 years, depending on age and other health conditions.

GDS STAGE	CLINICAL PHASE	CLINICAL CHARACTERISTICS
1. No Cognitive Decline	Normal	The person does not experience any memory problems. An interview with a medical professional does not show any evidence of symptoms.
2. Very Mild Cognitive Decline	Forgetfulness	May be normal age-related changes or earliest signs of Alzheimer's disease. The person may feel that he/she is having memory lapses-- forgetting familiar words or the location of everyday objects. But no symptoms can be detected during a medical exam or by friends, family or co-workers.
3. Mild Cognitive Decline	Early Confusional	May have gotten lost traveling to unfamiliar location, co-workers aware of poor performance, word and name finding deficit evident, little retention of recently read material, decreased ability to remember names after introduction, lost objects of value, concentration deficit, trouble with planning and organizing. Denial begins, mild to moderate anxiety.
4. Moderate Cognitive Decline	Mild or early-stage Alzheimer's disease	Forgetfulness of recent events, deficit of personal history, decreased ability to travel, handle finances, and perform complex tasks. Clear-cut deficits, concentration deficits. Remains oriented to time and person. Recognizes familiar persons and faces. Denial becomes prominent defense, withdrawal from challenging situations, moodiness.
5. Moderately Severe Cognitive Decline	Moderate or mid-stage Alzheimer's disease.	Person can no longer survive without assistance, unable to recall address or phone number, names of close family members such as grandchildren but may remember names of spouse and own children, disoriented to time, place. Requires no assistance eating or toileting, but may dress inappropriately, i.e. shoe on wrong foot therefore needs assistance dressing.
6. Severe Cognitive Decline	Moderately severe or mid-stage Alzheimer's disease	May forget name of spouse, unaware of recent events and experiences in their life, retain some sketchy knowledge of their past life, unaware of surroundings, year, season, difficulty counting, will require assistance with activities of daily living. Sleep patterns frequently disturbed. Personality and emotional changes occur; may talk to imaginary people, talks to own reflection in mirror, repetitive behaviors, anxiety, agitation, paranoia, delusional, obsessive, occasionally violent behavior. Loss of initiative, loss of willpower and apathy. May wander or become lost.
7. Very Severe Cognitive Decline	Severe or late-stage Alzheimer's disease	Lose ability to respond to environment, unable to carry on a conversation, may still say words or phrases. Incontinence; needs assistance in toileting and personal care. Needs help eating. May be able to walk but is at risk of falling. Focal neurological signs and symptoms common. Reflexes abnormal, muscles grow rigid, swallowing is impaired. May lose ability to smile or sit without support.

Dr. Barry Reisberg	Functional Stages in	Normal Human Development	and Alzheimer's Disease
Approximate Age	Acquired Abilities	Alzheimer's Abilities	Alzheimer Stage
Adult	All acquired abilities	*Normal abilities	Stage 1 - No functional decline
Adult with small deficits	Adequate job functioning	*Occasional memory decline	Stage 2 - Personal aware of deficits
12+ years of age	Hold a Job	*Noticeable deficits in demanding job situations	Stage 3 - Incipient
8-12 Years of age	Handle simple finances	*Requires assistance in complicated tasks such as handling finances, planning, following directions, etc.	Stage 4 - Mild
5-7 Years of age	Select proper clothing	*Requires assistance in choosing proper attire.	Stage 5 - Moderate
5 Years of age	Put on clothes unaided	* Requires assistance with	Stage 6 - Moderately Severe
4 Years of age	Shower & Toilet unaided	Dressing, bathing & toileting.	Stage 6 - Moderately Severe
3 - 4.5 Years of age	Control Urine	Experiences incontinence	Stage 6 - Moderately Severe
2 - 3 Years of age	Control Bowels	Incontinence in bladder and bowel.	Stage 6 - Moderately Severe
15 Months of age	Speak 5-6 Words	* Speech ability declines to	Stage 7 - Severe
1 Year old	Speak 1 Word & Walk	about half-dozen intelligible	Stage 7 - Severe
6 - 10 Months	Sit Up	Progressive loss of words.	Stage 7 - Severe
2 - 4 Months	Smile	abilities to walk, sit up,	Stage 7 - Severe
1-3 Months	Hold up head	Smile & hold head up.	Stage 7 - Severe

PROVIDED BY:

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