

Dr. Barry Reisberg's FAST GUIDELINES

The **Mini Mental test** is explained under the **Diagnosis section**

STAGE 1. No Cognitive Decline: (Normal)

Mini Mental score: 29-30 No difficulties, either subjectively or objectively

STAGE 2. Very Mild Cognitive Decline: (Normal)

Mini Mental Score: 29 Complains of forgetting location of objects; subjective work difficulties.

STAGE 3. Mild Cognitive Decline: AAMI (Age Associated Memory Impairment--incipient dementia)

Mini Mental Score: 25

Estimated Duration: if dementia, 7 years

- Decreased Job functioning evident to coworkers
- Difficulty traveling to new locations
- Decreased organizational capacity

STAGE 4. Modern Cognitive Decline (Mild Dementia)

Mini Mental Score: 20 (range 20-23)

Estimated duration 2 years

- Decreased ability to perform complex tasks (e.g., planning dinner for guests, handling finances, shopping)

STAGE 5. Moderately Severe Cognitive Decline: (Moderately Severe Dementia)

- Requires assistance in choosing proper clothing to wear for the day, season, or occasion

(e.g., may wear same clothing repeatedly unless supervised)

STAGE 6. Severe Cognitive Decline (Moderately Severe Dementia)

Mini Mental Score: 5 (Range: 0-9)

- 6a. Improperly putting on clothes without assistance or cueing.
- 6b. Unable to bathe properly (difficulty adjusting bath water temperature)
- 6c. Unable to handle mechanics of toileting (i.e., forgets to flush, doesn't wipe properly or properly dispose of toilet tissue)
- 6d. Urinary incontinence
- 6e. Fecal incontinence

STAGE 7. Very Severe Cognitive Decline (Severe Dementia)

Mini Mental Score: 0

- 7a. Ability to speak limited to approximately half-dozen intelligible different words or fewer in the course of the average day or an intensive interview.
- 7b. Speech ability limited to a single intelligible word in average day or an intensive interview (may repeat the word over and over) (18 months)
- 7c. Ambulatory ability lost (cannot walk without personal assistance)
- 7d. Cannot sit up without assistance (will fall over if no lateral rests [arms] on chair)
- 7e. Loss of ability to smile
- 7f. Loss of ability to hold up head independently