

## 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