

Global Deterioration Scale

Name:	
Age:	
Date of assessment:	
Medical history:	
Seven stages of the Global Deterioration Scale	
Stage	Description/Characteristics
<p>1 No cognitive decline (No dementia seen)</p>	<p>The individual demonstrates normal function with no experience or subjective complaints of memory problems. An interview with a medical professional reveals no evidence of dementia symptoms. No memory deficits are evident in the clinical assessment.</p>
<p>2 Very mild cognitive decline (Subjective memory loss and age related forgetfulness)</p>	<p>The individual shows very mild cognitive decline, possibly due to normal aging with occasional memory lapses like forgetting familiar words or the location of everyday objects. However, no signs of dementia are detectable during medical exams or noticed by friends, family, or coworkers.</p>
<p>3 Mild cognitive decline (Mild cognitive impairment)</p>	<p>The individual experiences mild cognitive decline, noticeable by family and friends, with difficulties such as word-finding issues, trouble remembering new names, and losing valued objects. Deficits include getting lost in unfamiliar places, decreased work performance, and poor retention of read material, with objective evidence of memory deficit found only through intensive interviews. The person shows decreased performance in demanding settings, denial of symptoms, and mild to moderate anxiety.</p>
<p>4 Moderate cognitive decline (Mild dementia)</p>	<p>The individual's cognitive deficits are more pronounced, affecting short-term memory and the ability to manage personal finances, with a diagnosis of Alzheimer's disease likely at this stage. They struggle with complex daily activities like paying bills, grocery shopping, and meal preparation, often forgetting recent major events and making mistakes with dates and seasons. Despite these deficits, they can still remember their address and significant current events, but tend to show emotional withdrawal and denial of their condition, impacting their engagement in activities.</p>
<p>5 Moderately severe cognitive decline (Moderate dementia)</p>	<p>At this stage, individuals with Alzheimer's disease cannot live independently without risk. They struggle with basic daily tasks such as choosing appropriate clothing for the weather or occasion, often repeating outfits unless reminded. They may require assistance with meals, finances, and personal care, and can experience behavioral issues like anger or suspicion when unsupervised. Cognitive impairments include difficulty recalling recent events, their current address, or names of public figures, along with problems in basic arithmetic and memory for past educational details.</p>

<p style="text-align: center;">6 Severe cognitive decline (Moderately severe dementia)</p>	<p>At this advanced stage of Alzheimer's disease, individuals undergo significant personality changes and emotional shifts. They may forget their spouse's name and rely entirely on them for survival, while their ability to recall recent events and personal history deteriorates. Assistance with dressing, bathing, and managing toileting becomes necessary, and they may experience incontinence. Other challenges include disturbances in sleep patterns, increased confusion between familiar and unfamiliar faces, and the emergence of behavioral changes such as suspicion, delusions, repetitive behaviors, and a tendency to wander.</p>
<p style="text-align: center;">7 Very severe cognitive decline (Severe dementia)</p>	<p>In the final stage of dementia, individuals require constant care for all daily activities. Initially, they may speak a few intelligible words, but communication becomes severely impaired as the disease progresses. Motor skills deteriorate to the point where walking independently is no longer possible, followed by the loss of ability to sit up or smile. Complete assistance is needed for personal care, including eating and using the toilet, as muscle rigidity and swallowing difficulties become pronounced.</p>
<p>Symptoms and observations</p>	
Empty space for symptoms and observations	
<p>Notes and recommendations</p>	
Empty space for notes and recommendations	

Follow-up plan	
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Next assessment date:

Recommended interventions:

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Referrals to specialists:

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Medical professional:

Signature:

Date:

References	
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Alzheimer's Association. (2018). <i>Stages of Alzheimer's Disease</i> . https://www.alz.org/media/kansascity/documents/stages_of_alzheimers.pdf
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Fisher Center for Alzheimer's Research Foundation. (n.d.). <i>7 clinical stages of Alzheimer's [Brochure]</i> .

Reisberg, B. (2019, March 28). <i>Clinical stages of Alzheimer's</i> . Fisher Center for Alzheimer's Research Foundation. https://www.alzinfo.org/understand-alzheimers/clinical-stages-of-alzheimers/
