

## Stages 1-4 of Alzheimer's Disease

Staging of Alzheimer's disease identifies common patterns of symptom progression and provides seven useful frames of reference for understanding how the disease may unfold. The following four stages describe the very mild and moderate stages of the disease:



Legacy

HARBOR

MEMORY RESOURCE CENTER

One Senior Place  
8085 Spyglass Hill Road  
Viera, FL 32940  
(321) 253-6320

[www.OneSeniorPlace.com/legacy](http://www.OneSeniorPlace.com/legacy)

### Stage 1: No cognitive impairment

Individuals in this stage may exhibit no memory problems or symptoms.

### Stage 2: Very mild decline

This stage is a normal older adult who has some personal awareness of functional decline – they may feel as if they have memory lapses, especially in forgetting familiar words or names.

### Stage 3: Mild cognitive decline

This stage is described as early-stage Alzheimer's disease. Deficiencies are usually more noticeable by friends, family or co-workers and problems with memory or concentration may be measurable in clinical testing or noticed during a medical interview. Deficits may be noticeable in demanding job situations and anxiety can become a feature. Common difficulties include:

- Word or name finding problems noticeable to family or close associates
- Decreased ability to remember names when introduced to new people
- Performance issues in social or work settings noticeable to family, friends or co-workers
- Reading a passage and retaining little material
- Losing or misplacing a valuable object
- Decline in ability to plan or organize

**Stage 4: Moderate cognitive decline** (Mild Alzheimer's disease) At this stage, a careful medical interview detects clear-cut deficiencies in the following areas:

- Decreased knowledge of recent events
- Decreased capacity to perform complex tasks, such as planning dinner for guests, or paying bills and managing finances
- Reduced memory of personal history
- The affected individual may seem subdued and withdrawn, especially in socially or mentally challenging situations
- Denial and a flattening of their mood becomes a feature. People with Alzheimer's tend to back away from dealing with difficult or challenging situations

**Learn more about dementia and Alzheimer's disease at Legacy Harbor, Memory Resource Center located inside One Senior Place.**

## Calendar of Events

### FREE CONSULTATIONS

Monday – Friday 9:00 a.m. – 5:00 p.m.

Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available during business hours with a Care Manager. Appointments are suggested, call 253-6320.

### SUPPORT GROUP

Safe Harbor during the Storm

1:30 – 3:00 p.m.

The 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month mark the time to share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. This support group will be hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain. For more information call Legacy Harbor at 253-6320

### MEMORY SCREENINGS

Appointment necessary

**FREE** Memory Screenings available! Call for an appointment 253-6320.

