

## **Stages of Dementia**

Dementia is a serious brain disease that affects memory, ability to make decisions, daily functioning, as well as mood and behavior. Individual experiences will vary. Generally, symptoms progress in three stages.

### **Early Stages of Dementia**

Symptoms are not always apparent in the beginning.

- In this stage a person may have difficulties with:
  - Forgetting what they have just read
  - Remembering where they have placed objects
  - Being able to communicate (i.e. trouble coming up with a name)

### **Middle Stages of Dementia**

This stage of dementia can last for many years.

- In this stage, a person may have difficulties with:
  - Remembering current events or their personal memories
  - Controlling their mood
  - Knowing the day of the week or where they are (confusion)
  - Wandering
  - Normal behavior
  - May need help with daily activities

### **Late Stages of Dementia**

This is the last stage of dementia.

- In this stage, a person may:
  - Lose weight or have changes in physical appearance
  - Have trouble eating or swallowing
  - Lose awareness of their surroundings
  - Need 24-hour care either at home or in a nursing home

Have questions? Ask your doctor or health provider at your next appointment.