

Stages of Dementia

Mild

Cognition

- Short-term memory loss e.g. forget recent events, misplace items frequently, miss appointments
- Difficulty managing complex decisions or solving problems
- Become confused at less familiar places



Physical Function

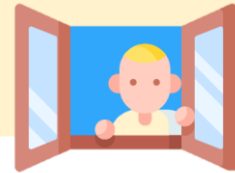
- Independent; may still be able to work, drive or engage in social activities
- May require supervision and close monitoring

Communication

- Difficulty finding words and following conversations



- More irritable, impatient and become upset easily
- Less interest in hobbies and usual activities



Mood and Behaviour



Quick Tips



Use memory aids e.g. calendar, to-do list



Encourage Person With Dementia (PWD) to write down important notes



Sign up for the CARA Dementia Membership Programme



Render assistance when dealing with complex decisions



Modify and simplify tasks or instructions for the PWD



Reintroduce hobbies or activities that the PWD used to enjoy



Consider Lasting Power of Attorney (LPA) and Advance Care Planning (ACP) when mental capacity is intact



Stages of Dementia

Moderate

Cognition

- Forget names of common objects and familiar people
- Unable to recognise distant relatives
- Become more repetitive
- Become confused even at familiar places



- Difficulty performing routine tasks
- Require assistance in basic activities of daily living e.g. eating, dressing
- Neglect personal hygiene



Physical Function

Communication

- Difficulty in expressing thoughts
- Difficulty in processing information
- Unable to use languages not frequently used

- Get agitated easily
- May wander and get lost



Mood and Behaviour



Quick Tips



Provide reality orientation e.g. date, time, name of person around PWD



Focus on PWD's abilities and encourage PWD to participate in routine tasks



Speak slowly and clearly with short, simple words or phrases



Allow PWD to process information and respond



Identify, acknowledge and address any unmet needs e.g. hunger, thirst, boredom



Identify and avoid any triggers that lead to agitation e.g. unclear instructions



Stages of Dementia

Severe

Cognition

- Unable to recognise family members or self



- Less active or mobile
- Lose the ability to sit up or walk gradually
- May become chairbound or bedbound
- Difficulty in swallowing
- Unable to control bladder and bowel
- Unable to take care of self



Physical Function

Communication

- Unable to carry on a conversation
- Incoherent speech or sounds

- Refuse or become resistive to care e.g. feeding
- Make repetitive sounds

Mood and Behaviour



Quick Tips



Involve PWD in conversations to prevent isolation



Ask closed-ended questions with a simple 'yes' or 'no' answer



Use non-verbal communication methods e.g. positive touch



Use assistive devices in caring for PWD e.g. transfer belt, wheelchair



Optimise nutrition, serve small frequent meals and drinks; be patient during feeding



Engage in activities using various senses e.g. listening to familiar songs or looking at old photos

