

Dementia Stages / Signs & Symptoms

Stage 1 - No Cognitive Decline

- Normal function
- No memory loss

Stage 2 - Very Mild Cognitive Decline

- Forgets names
- Misplaces familiar objects

Stage 3 - Mild Cognitive Decline

- Increase forgetfulness
- slight difficulty concentrating
- Gets lost more frequently
- Difficulty finding the right words

Stage 4 - Moderate Cognitive Decline- Early Stage

- Difficulty concentrating
- Forgets recent events
- Cannot manage finances
- Difficulty completing tasks
- Withdraws from friends or family

Stage 5 - Moderately Severe Cognitive Decline - Mid Stage

- Major memory loss
- Needs assistance with mobility, bathing, dressing, eating, and toileting
- Forgets details like address and phone number
- Doesn't know time or date
- Doesn't know where they are

Stages 6 - Severe Cognitive Decline - Mid Stage

- Cannot carry out activities of daily living without help
- Forgets names of family members
- Incontinence
- Difficulty speaking
- Delusions and Anxiety

Stage 7 - Very Severe Cognitive Decline - Late Stage

- Cannot speak or communicate
- Requires help with most activities
- loss of motor skills
- cannot walk



Every person's dementia journey is different. The stages of dementia do not always follow the same timeline, and each person may experience changes in their own way. This guide is meant to help caregiver's understand possible changes and feel more prepared.