

# The Progression and Symptoms of Alzheimer's Disease

Stage

1



## No Impairment

- Appears normal
- No treatment necessary
- Stay mentally and physically active

Stage

2

~7 years



## Very Mild Decline

- No noticeable cognitive decline
- Visit physician regularly

Stage

3

~2 years



## Mild Decline

- Begin to notice a change and decline in functioning – Alzheimer's can now be diagnosed
- May be a good time for retirement and to get legal and financial concerns in order

Stage

4

~2-4 years



## Moderate Decline

- Difficulty concentrating
- Challenges managing finances or traveling to new places
- May be in denial about their symptoms
- Withdrawal from family and friends
- Hard to remember recent events

Stage

5

~1 ½ years



## Moderately Severe Decline

- Major memory difficulties
- May need assistance with daily activities
- Could forget their address, phone number or the time of day
- Fine motor skills may start to deteriorate
- May cross others' boundaries and personal space looking to meet own needs

Stage

6

~2 ½ years



## Severe Decline

- Could start having delusions or personality changes
- Ability to speak begins to decline
- Incontinence could be a challenge
- Begin to forget names of close family members

Stage

7

~1 ½ years



## Very Severe Decline

- Lost the ability to speak or communicate
- May require assistance with most activities
- Begin to lose psychomotor skills
- Difficulty breathing, swallowing and moving
- Weight loss

## You CAN Reduce Your Risk



Physical Activity



Plenty of Sleep



Good Nutrition



Socialization



Mental Stimulation

