

The Three Main Stages of Dementia

Mild or Early Stage

- Memory loss and cognitive impairments are small but become increasingly noticeable
- The person can cover up or make adjustments for these gaps and lapses, they continue to function independently
- Signs and symptoms of this stage are often the result of stress or bereavement. In older people they may be the normal aging process

Moderate or Mid Stage

- Memory lapses and confusion become more obvious and the person becomes more distressed by them
- The person can no longer hide these from friends and family
- Their personality and mental abilities may start to change and physical problems develop
- The person needs more support to help them manage the tasks of daily living
- They may need repeated reminders and help to eat, wash, dress and use the toilet

Severe or Late Stage

- Individuals will become more severely disabled and need more help, gradually becoming dependant on carers
- Dementia may limit the person's ability to communicate
- Memory and personality will deteriorate further
- They will need more assistance with daily tasks of bathing, dressing and eating. They may no longer be able to live independently