

Three Main Stages of Dementia

Mild or Early-Stage

- Memory loss and cognitive impairments are small but become increasingly more noticeable.
- The person can cover up and make adjustments for these gaps and lapses and continue to function independently.
- Signs in this stage are often as a result of stress or bereavement or in older people, the normal process of ageing.

Moderate or Mild-Stage

- Memory lapses and confusion become more obvious and the person becomes more disabled
- The person can no longer hide these from family and friends.
- Personalities change, mental abilities decline and physical problems develop.
- At this stage, the person will need more support to help them manage their daily living.
- They may need repeated reminders and help to eat, wash, dress and use the toilet.

Severe or Late-Stage

- Individuals will become severely disabled and need even more help, and gradually become completely dependent on others for care.
- Dementia may limit the person's ability to communicate
- Complete deterioration of personality and memory.
- They will need assistance with activities of daily living; bathing, and dressing and can no longer live independently.