

# The 5 Stages of Alzheimer's Disease<sup>1</sup>



Everyone experiences Alzheimer's disease differently, both in terms of symptoms and disease progression. Researchers have identified these five stages:

## Stage 1 – Preclinical Alzheimer's disease

- No noticeable symptoms
- Can last for many years
- Usually only identified in research settings

## Stage 2 – Mild cognitive impairment (MCI) due to Alzheimer's disease

- Mild memory and cognitive changes
- Friends/family begin to take notice
- Little impact on work or family relationships
- May or may not be Alzheimer's disease
- Often diagnosed in research settings

## Stage 3 – Mild dementia due to Alzheimer's disease

- Most diagnoses of Alzheimer's disease occur at this stage
- Noticeable impacts on daily functioning
- Trouble remembering recent events/conversations
- Difficulty solving problems or complex tasks
- Difficulty expressing thoughts or making decisions
- Losing things or getting lost in once-familiar places
- Mood or personality changes

## Stage 4 – Moderate dementia due to Alzheimer's disease

- The longest stage, typically lasting many years
- More pronounced symptoms from Stage 3
- Increasingly poor judgement and confusion
- Significant changes in mood and personality
- Greater assistance with daily living activities needed
- Prone to wandering

## Stage 5 – Severe dementia due to Alzheimer's disease

- Loss of ability to communicate coherently
- Inability to stand, keep head up, or swallow
- Unable to control bodily functions
- Daily living severely impacted
- Assistance with daily living required


<sup>1</sup> "Alzheimer's stages: How the disease progresses," MayoClinic.org, retrieved 08/18/2022.



## Alzheimer's disease and life expectancy

People with Alzheimer's disease live an average of three to 11 years—some will live 20 years or more—following diagnosis; the degree of impairment at diagnosis can affect life expectancy. Untreated vascular conditions, such as hypertension, may accelerate Alzheimer's disease progression.

Source: "Alzheimer's stages: How the disease progresses," MayoClinic.org, retrieved 08/18/2022.



**Astral At Auburn offers 24x7 memory care services and support in a secure environment that provides dignity and quality of life for a loved one with Alzheimer's disease and peace of mind for you. Visit [www.astralatauburn.com](http://www.astralatauburn.com) to learn more.**

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