

Functional Assessment Staging Tool (FAST)

Stage	Assessment <i>(score is highest consecutive level of disability)</i>
1	No difficulties, either subjectively or objectively
2	Complains of forgetting location of objects; subjective word finding difficulties only
3	Decreased ability to perform complex tasks (e.g., planning dinner for guests; handling finances; marketing)
4	Decreased job function evident to coworkers; difficulty in traveling to new locations
5	Requires assistance in choosing proper clothing for the season or occasion
6a	Difficulty dressing properly without assistance
6b	Unable to bathe properly; may develop fear of bathing. Will usually require assistance adjusting bath water temperature
6c	Inability to handle mechanics of toileting (i.e., forgets to flush; doesn't wipe properly)
6d	Urinary incontinence, occasional or more frequent
6e	Fecal incontinence, occasional or more frequent
7a	Ability to speak limited to about half a dozen words in an average day
7b	Intelligible vocabulary limited to a single word in an average day
7c	Non-ambulatory (unable to walk without assistance)
7d	Unable to sit up independently
7e	Unable to smile
7f	Unable to hold head up

Source: Dr. Barry Reisberg, 1984