



AL'Z PLACE

WHAT IS ALZHEIMER'S?

Alzheimer's Disease is defined by the Alzheimer's Association as a type of dementia that affects memory, thinking, and behavior. The symptoms associated with Alzheimer's Disease gradually progress enough to interfere with activities of daily living (ADLs) and daily tasks.

WHO IS AT RISK?

Those aged 65 and older have an increased prevalence of Alzheimer's Disease, although younger-onset Alzheimer's is still a possibility. Family history is another risk factor that can contribute to one's risk of developing Alzheimer's Disease. It is important to maintain proper brain safety, as there is a link between head injury and future risk of dementia.

WHY SHOULD YOU KNOW THE STAGES?

It's important to be aware of and understand the symptoms commonly seen with each stage of Alzheimer's. Knowledge of these symptoms can help you and your loved ones be more prepared for what to expect as the disease progresses. It is also important that you tell your health care provider when you notice new symptoms as this can affect treatment. Please see the following page for more information.

STAGES OF ALZHEIMER'S DISEASE



STAGE 1 - MILD

During this early stage, a person with Alzheimer's can still function well independently, but the person may have some difficulty with remembering words and names. In this stage, the person will still enjoy things and activities they have previously enjoyed. Forgetfulness in the early stage may only be noticeable to loved ones.

Symptoms include:

- Difficulty with word finding and remembering names
- Difficulty with short-term memory, including forgetting information that was just heard or read
- Losing valuable objects
- Difficulty with planning and organizing

STAGE 2- MODERATE

The second stage is usually the longest, with more pronounced symptoms. The affected individual will lose the ability to complete activities of daily living individually and display mood changes. In this stage, assisting these individuals to ensure proper health management is recommended.

Symptoms include:

- Memory loss and confusion become more obvious
- Has more trouble organizing, planning, and following directions
- May need help getting dressed
- May start having incontinence
- Trouble recognizing family members and friends
- Agitation, restlessness especially in the afternoon
- May lack judgment and begin to wander, gets lost
- May have trouble sleeping
- Delusions, hallucinations, paranoia
- Behavior problems

STAGE 3 -SEVERE

In the final stage of Alzheimer's, individuals can no longer interact with their environment carry on a conversation, and will ultimately lose their ability to control movement.

Symptoms include:

- Severe impairment of all cognitive functions
- Little memory, unable to process new information
- Unable to perform self-care activities
- Often needs help with daily needs
- May not be able to talk
- Cannot understand words
- May have problems eating, swallowing
- May not be able to walk or sit up without help
- Immobility
- Incontinence



REFERENCES

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Thank you

This project was created as a course requirement for NUR4636C Clinical Reasoning and Personalized Nursing Care: Population Health.

<https://eldercare.ufhealth.org/services/alz-place/>