

# The Clinical Stages of Alzheimer's Disease

By Lynne Grip

The number of stages assigned to Alzheimer's disease varies depending on the source. The [Alzheimer's Association](#) designates three broad categories that include early-stage, middle-stage, and late-stage. Other resources such as the [Mayo Clinic](#) include a pre-clinical category, which develops long before any symptoms are apparent. This stage can be identified only in research settings and can last for years and possibly even decades.

The early or mild stage of Alzheimer's is one where people still live normally and independently but may experience memory lapses beyond what is considered "normal aging." We've all blanked on someone's name, misplaced our keys or phone, or walked into a room and forgotten why we went there. Usually we laugh it off as having a "senior moment," and that is essentially what it is. As we grow older, most of us notice we're just not as quick as we used to be and that it may take longer to learn and recall information, which is why it's important to keep our brains active and maintain good health.

With early-stage Alzheimer's, memory deficits are more noticeable and include forgetting the right name or word for something familiar, having difficulty performing usual tasks, forgetting what was just read, and having trouble with planning and organizing. People may also experience mood changes and become more easily upset or frustrated. During this time, it's important to seek medical advice and continue to live well by taking control of overall health and wellness. It's time to focus on what's important and make plans for the future to address legal, financial, and social needs. Though the rate of progression varies, it is estimated this stage can last anywhere from two to four years.

With middle-stage or moderate Alzheimer's, the symptoms of dementia are more pronounced. Words may be confused, and thoughts expressed with increased difficulty. The performance of usual tasks and routines may require some level of assistance. There may be confusion about time and place and increased difficulty controlling bowel or bladder functions. This stage is estimated to last anywhere from two to 10 years.

In late-stage Alzheimer's, symptoms are severe. The ability to engage and respond to the environment is essentially lost. Loved ones may not be recognized, and communication becomes much more difficult. At this point, around-the-clock personal care is generally required. It's important to maintain interaction through such things as family visits, gentle touch, and the playing of relaxing music. It is estimated this stage can last from one to three years.



Senior Living in a caring community



## SEPTEMBER 2020

### Staff

Joanne Taylor.....Executive Director  
Ann Sico.....Resident Relations  
Stuart Lockrow.....Chef  
Jeff Albury.....Chef

Dr. Pastor Andrew Hagen  
Pastor Dave Franklin

**4798 N. Dixie Hwy.  
Boca Raton FL 33431**

**Website:  
www@adventsquare.org**

### Office Hours

Monday— Friday 9 AM– 4 PM  
(Weekend office hours by appointment.)

### Important Numbers

Office.....561-391-7207  
Advent Ministries.....561-395-3632  
Assisted Living.....561-948-1742

Fire, Police, Ambulance.....911

**Entering our seventh month of COVID 19 and as of now I have no good news about when we will be reopening the Assisted Living or the Dining Room. Once we get direction from the Governor, we will put the information out.**

**The Office will be closed on Labor Day. We will be having a Labor Day Cookout at noon and Susie will be here to call bingo. Happy Hour with entertainment resumes in the Dining Room every Saturday, though we ask that there be only 2 people per table and you continue to wear masks.**

**At this time it appears that Cason UMC will be resuming their food box distribution on Tuesday, September 15th. Come to the Activity Room on Tuesday mornings @10AM and pick up some fruits, vegetables and dairy.**

**Pastor Andy will be starting a monthly Men's group. The first meeting will be a beer tasting and he will talk about his home brewing hobby. It will be held in the Dining Room on Friday, September 18th at 4:00PM.**

**Per an email to our Independent Living families and a letter and meeting with our Independent residents on August 19th, as of September 1st we are no longer providing emergency pendants. Not only could the company not provide pendants to our residents who moved in this year, but we had numerous issues with false alarms resulting in fines from the Boca Fire Department. We also found less than 25% of the residents were actually using them. We have given residents resources to replace their pendants. If you have questions, please call the office.**

**We continue to remain COVID free and hope and pray you all remain safe and stay well.**