



# Stages of Dementia

## IDD and Dementia Fact Sheet #3

People living with dementia go through three stages: early, middle, and advanced. Knowing about stages of dementia helps family members know what to expect. It also helps them figure out if their family member's behaviors are related to dementia or something else. However, it is important to keep in mind that dementia affects people in different ways. Not everyone with dementia will have all the symptoms below.

### Early Stage

People living with early-stage dementia may have problems remembering things that have taken place recently, paying attention, organizing things, and keeping track of things. They may become sad and less interested in spending time with others or doing things they used to enjoy. They may need help with household chores. They may have problems with managing money or get lost or confused when going outside the home.

### Middle Stage

People living with middle stage dementia may have problems remembering things that have taken place recently and in the past. They may have trouble solving simple problems and get disoriented. They may have a hard time keeping track of a conversation and forming complete sentences. They may become more easily upset or keep to themselves. They may need reminders to do things like get dressed or take a bath.

### Advanced Stage

People living with advanced stage dementia may mix up recent and past events, forget friends and family, and not be able to follow a two-step command (like "Brush your teeth and put on your pajamas"). They may combine words in ways that do not make sense, use only a few words, or stop speaking. They may express their needs by yelling. People with advanced stage dementia usually need constant reminders or help to do things like get dressed, use the toilet, take a bath or shower, and eat. They often lose control of their bladders and bowels, stop walking, lose their appetite, develop swallowing problems, and sleep a lot.

If you have a family member living with dementia and you need help or advice, call the Alzheimer's Association at 800-272-3900, the Aging and Disability Resource Center at 855-937-2372, or the Area Agency on Aging at 800-252-9240.



**Dementia Friendly North Central/East Texas 800-272-3921**



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*These fact sheets were created by Dementia Friendly North Central/East Texas. For more information, go to: [Dementia Friendly](#)*

*Resources for people with memory loss and their family caregivers are available at: [Resources](#)*

*Resources include the following fact sheets on IDD and dementia:*

1. *Health and Healthcare*
2. *Dementia Risks, Signs, and Symptoms*
3. *Stages of Dementia*
4. *Planning for the Future*
5. *Getting Help*
6. *Making Home Age- and Dementia Friendly*
7. *Failure-Free Activities*
8. *Responding to Behaviors*

*You can get resource information mailed to you by calling 682-433-0375.*

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