

## Functional Assessment Staging (FAST): Check highest consecutive level of disability

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### Stage

- 1 **No difficulty**, either subjectively or objectively.
  - 2 Complains of forgetting location of objects. **Subjective work difficulties.**
  - 3 Decreased job functioning evident to co-workers. Difficulty in traveling to new locations. **Decreased organizational capacity.**
  - 4 **Decreased ability to perform complex tasks**, e.g. planning dinner for guests, handling personal finances (such as forgetting to pay bills), difficulty marketing, etc.\*
  - 5 **Requires assistance in choosing proper clothing** to wear for the day, season, or occasion, e.g. patient may wear the same clothing repeatedly, unless supervised.\*
  - 6a **Improperly putting on clothes without assistance or cuing** (e.g. may put street clothes on over night clothes, or put shoes on wrong feet, or have difficulty buttoning clothing) occasionally or more frequently over the past weeks.\*
  - 6b Unable to bathe (shower) properly (e.g., **difficulty adjusting bath-water (shower) temperature**) occasionally or more frequently over the past weeks.\*
  - 6c **Inability to handle mechanics of toileting** (e.g., forgets to flush the toilet, does not wipe properly or properly dispose of toilet tissue) occasionally or more frequently over the past weeks.\*
  - 6d **Urinary incontinence** (occasionally or more frequently over the past weeks).\*
  - 6e **Fecal incontinence** (occasionally or more frequently over the past weeks).\*
  - 7a Ability to speak limited to approximately **a half a dozen intelligible different words or fewer**, in the course of an average day or **in the course of an intensive interview.**
  - 7b Speech ability limited to the use of **a single intelligible word** in an average day or **in the course of an interview** (the person may repeat the word over and over).
  - 7c Ambulatory ability lost (**cannot walk without personal assistance**).
  - 7d **Cannot sit up without assistance** (e.g., the individual **will fall over if there are no lateral rests [arms] on the chair**).
  - 7e **Loss of ability to smile.**
  - 7f **Loss of ability to hold up head independently.**
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\*Scored primarily on the basis of information obtained from a knowledgeable informant and/or caregiver.

### **FAST scoring instructions:**

The **FAST Stage** is the highest consecutive level of disability. For clinical purposes, in addition to staging the level of disability, additional, non-ordinal (nonconsecutive) deficits should be noted, since these additional deficits are of clear clinical relevance.

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