

Level 2- Very Mild Cognitive Decline

- Mostly subjective complaints
- Slow processing needs more time for new information
- Able to make informed decisions
- Able to select from a variety of choices
- Forgets where things are placed
- Forgets names
- Label drawers
- Give a bag/basket to carry important items
- Help them organize their room
- Use a calendar
- Mnemonic devices, jingles, and chants

Level 4- Moderate cognitive decline/Mild dementia

- Lives in moments of clarity but has periods of forgetfulness
- Needs to know what is coming next
- Seeks guidance and assistance to fill the day
- Decreased knowledge of current events
- Forgets events from personal history
- In denial of deficits
- Flattening affect
- Withdrawal from challenging activities
- Need more verbal cues for safety
- Anticipate problems to reduce agitation
- Redirect often
- Enjoys activities like gardening, crafts, simple cooking

Level 6- Severe cognitive decline/ Moderately severe dementia

- Can mimic gestures
- Difficulty understanding instructions
- Can hold items
- Difficulty knowing purpose of items
- Generally unaware of their surroundings
- Increased wandering behaviors and increased incontinence
- Decreased initiation and decreased follow-through
- May begin to show challenging behaviors
- Participate in 1:1 activities with sensory toys
- Watch for signs of fatigue to reduce risk of falls
- Attentive to windows and exterior doors

Level 3- Mild Cognitive Decline

- Deficits are noticed by close family/friends
- Becomes more rigid and self-focused when stressed
- Becomes challenged with change
- Prefers familiar environments and schedules
- Gets lost during travel
- Difficulty word-finding
- Poor reading comprehension
- Develop a daily schedule
- Remove distractions from environment
- Validate feelings
- Use one-step commands

Level 5- Moderately severe cognitive decline/Moderate Dementia

- Environment drives actions and reactions
- Poor safety awareness
- Begins to refuse care at times
- Can become threatened due to different perspectives
- Frequently disoriented to place
- Difficulty making appropriate choices of clothing
- Engage in activities related to previous roles
- Reorient frequently
- Use open-ended sentences
- Identify items and label actions

Level 7- Very severe cognitive decline/ Severe dementia

- Mostly all capabilities are minimal
- Offer comfort
- Caring touch
- All verbal abilities are lost
- Generally rigid
- Total dependent with ADLs
- Sensory deprivation- focus on sensory stimulation
- Therapy techniques should focus on staff training
- Goal for comfort positioning and wound prevention
- Unable to use call light
- Assist with all feeding and needs assistance with hydration frequently

Activity Guide by Stages of Dementia



Activities	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Arts and crafts	√	√	√	√	√		
Board games	√	√	√	√	√		
Cooking/baking	√	√	√	√	√		
Current events	√	√	√	√	√		
Aroma Therapy	√	√	√	√	√	√	√
ADL: Dressing	√	√	√	√	√	√	
ADL: Bathing	√	√	√	√			
ADL: Eating/drinking	√	√	√	√	√	√	
ADL: Grooming	√	√	√	√	√	√	√
ADL: Toileting	√	√	√	√	√	√	
General exercise	√	√	√	√	√	√	
Fix/repair items	√	√	√	√	√		
Slot machines	√	√	√	√	√		
Gardening	√	√	√	√	√		
Sitting Outside	√	√	√	√	√	√	√
Ironing	√	√	√	√			
Laundry	√	√	√	√	√		
Light Housekeeping	√	√	√	√	√	√	
Music: Listening	√	√	√	√	√	√	√
Music: Playing	√	√	√	√	√	√	
Music: Singing	√	√	√	√	√	√	√
Parties: Attending	√	√	√	√	√	√	
Parties: Planning	√	√	√	√	√		
Puzzles	√	√	√	√	√		
Reading	√	√	√	√	√		
Read to resident						√	√
Religious	√	√	√	√	√	√	
Sewing	√	√	√	√	√		
Shopping	√	√	√	√			
Pets	√	√	√	√	√	√	
Children	√	√	√	√	√	√	
Sports: participate	√	√	√	√	√	√	
Sports: watch	√	√	√	√	√		
Trivia	√	√	√	√	√		
Reminiscing	√	√	√	√	√	√	
Memory Books		√	√	√	√	√	
Watching TV	√	√	√	√	√		
Writing	√	√	√	√	√		
Yardwork	√	√	√	√	√		
Make Jewelry	√	√	√	√			
Deliver Mail	√	√	√	√			
Ball/Balloon Toss	√	√	√	√	√	√	