



# THE 5 STAGES OF ALZHEIMER'S DISEASE

Everyone experiences Alzheimer's disease differently, both in terms of symptoms and disease progression. Researchers have identified these five stages:

## STAGE 1 – PRECLINICAL ALZHEIMER'S DISEASE

- No noticeable symptoms
- Can last for many years
- Usually only identified in research settings

## STAGE 2 – MILD COGNITIVE IMPAIRMENT (MCI) DUE TO ALZHEIMER'S DISEASE

- Mild memory and cognitive changes
- Friends/family begin to take notice
- Little impact on work or family relationships
- May or may not be Alzheimer's disease
- Often diagnosed in research settings

## STAGE 3 – MILD DEMENTIA DUE TO ALZHEIMER'S DISEASE

- Most diagnoses of Alzheimer's disease occur at this stage
- Noticeable impacts on daily functioning
- Trouble remembering recent events/conversations
- Difficulty solving problems or complex tasks
- Difficulty expressing thoughts or making decisions
- Losing things or getting lost in once-familiar places
- Mood or personality changes

## STAGE 4 – MODERATE DEMENTIA DUE TO ALZHEIMER'S DISEASE

- The longest stage, typically lasting many years
- More pronounced symptoms from Stage 3
- Increasingly poor judgement and confusion
- Significant changes in mood and personality
- Greater assistance with daily living activities needed
- Prone to wandering

## STAGE 5 – SEVERE DEMENTIA DUE TO ALZHEIMER'S DISEASE

- Loss of ability to communicate coherently
- Inability to stand, keep head up, or swallow

## STAGE 5 – CONTINUED

- Unable to control bodily functions
- Daily living severely impacted
- Assistance with daily living required

## ALZHEIMER'S DISEASE AND LIFE EXPECTANCY

People with Alzheimer's disease live an average of three to 11 years—some will live 20 years or more—following diagnosis; the degree of impairment at diagnosis can affect life expectancy. Untreated vascular conditions, such as hypertension, may accelerate Alzheimer's disease progression.

**SOURCE:** "Alzheimer's stages: How the disease progresses," MayoClinic.org, retrieved 08/18/2022.

## ABOUT THE WOODLANDS AT CANTERFIELD

The Woodlands at Canterfield provides inviting, innovative and upscale senior living located on a parcel of land known as Canterfield Farm in West Dundee, IL. The elegance of a luxury rental community with the extravagance of a best-in-class hospitality experience—offering just the right amount of individualized and personalized support from our Assisted Living or Memory Care living options. Everything is tailored to help our residents thrive. With expert-led life enrichment opportunities, signature culinary, wellness programs, vibrant local culture, and attentive and custom care, life at The Woodlands is always exceptional.

