

HOSPICE GUIDE - Functional Assessment Staging Scale (FAST)

FAST LEVEL	FUNCTIONAL ASSESSMENT
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 traveling to new locations. Decreased organizational capacity.
4	Decreased ability to perform complex tasks e.g. planning dinner for guests, handling personal finances (<i>such as forgetting to pay bills</i>), 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.
6	<ul style="list-style-type: none"> • Improperly putting on clothes without assistance or cuing (<i>e.g., may put street clothes on over night clothes, or put shoes on wrong feet, or have difficulty buttoning clothing</i>) occasionally or more frequently over the past weeks. • Unable to bathe properly (<i>e.g., difficulty adjusting bath water temperature</i>) occasionally or more frequently over the past weeks. • Inability to handle mechanics of toileting (<i>e.g., forgets to flush the toilet, does not wipe properly or properly dispose of toilet tissue</i>) occasionally or more frequently over the past weeks. • Urinary incontinence (<i>occasionally or more frequently over the past weeks.</i>) • Fecal incontinence (<i>occasionally or more frequently over the past weeks.</i>)
7	<ul style="list-style-type: none"> • 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. • Speech ability is limited to the use of a single intelligible word in an average day or in the course of an intensive interview (<i>the person may repeat the word over and over.</i>) • Ambulatory ability is lost. • Cannot sit up without assistance (<i>e.g. the individual will fall over if there are not lateral rests [arms] on the chair.</i>) • Loss of ability to smile. • Loss of ability to hold head up independently.



FAST Guide Reference Source:
Hospice Quickflips for Palmetto

