

The QDRS, Quick Dementia Rating System

1. Memory and recall

_____C

- 0 No obvious memory loss or inconsistent forgetfulness that does not interfere with function in everyday activities
- 0.5 Consistent mild forgetfulness or partial recollection of events that may interfere with performing everyday activities; repeats questions/statements, misplaces items, forgets appointments
- 1 Mild to moderate memory loss; more noticeable for recent events; interferes with performing everyday activities
- 2 Moderate to severe memory loss; only highly learned information remembered; new information rapidly forgotten
- 3 Severe memory loss, almost impossible to recall new information; long-term memory may be affected

2. Orientation

_____C

- 0 Fully oriented to person, place, and time nearly all the time
- 0.5 Slight difficulty in keeping track of time; may forget day or date more frequently than in the past
- 1 Mild to moderate difficulty in keeping track of time and sequence of events; forgets month or year; oriented to familiar places but gets confused outside familiar areas; gets lost or wanders
- 2 Moderate to severe difficulty, usually disoriented to time and place (familiar and unfamiliar); frequently dwells in past
- 3 Only oriented to their name, although may recognize family members

3. Decision making and problem-solving abilities

_____C

- 0 Solves everyday problems without difficulty; handles personal business and financial matters well; decision-making abilities consistent with past performance
- 0.5 Slight impairment or takes longer to solve problems; trouble with abstract concepts; decisions still sound
- 1 Moderate difficulty with handling problems and making decisions; defers many decisions to others; social judgment and behavior may be slightly impaired; loss of insight
- 2 Severely impaired in handling problems, making only simple personal decisions; social judgment and behavior often impaired; lacks insight
- 3 Unable to make decisions or solve problems; others make nearly all decisions for patient

4. Activities outside the home

_____B

- 0 Independent in function at the usual level of performance in profession, shopping, community and religious activities, volunteering, or social groups
- 0.5 Slight impairment in these activities compared with previous performance; slight change in driving skills; still able to handle emergency situations
- 1 Unable to function independently but still may attend and be engaged; appears “normal” to others; notable changes in driving skills; concern about ability to handle emergency situations
- 2 No pretense of independent function outside the home; appears well enough to be taken to activities outside the family home but generally needs to be accompanied
- 3 No independent function or activities; appear too ill to be taken to activities outside the home

5. Function at home and hobby activities

_____B

- 0 Chores at home, hobbies and personal interests are well maintained compared with past performance
- 0.5 Slight impairment or less interest in these activities; trouble operating appliances (particularly new purchases)
- 1 Mild but definite impairment in home and hobby function; more difficult chores or tasks abandoned; more complicated hobbies and interests given up
- 2 Only simple chores preserved, very restricted interest in hobbies which are poorly maintained
- 3 No meaningful function in household chores or with prior hobbies

- 6. Toileting and personal hygiene** _____ **B**
- 0 Fully capable of self-care (dressing, grooming, washing, bathing, toileting)
 - 0.5 Slight changes in abilities and attention to these activities
 - 1 Needs prompting to complete these activities but may still complete independently
 - 2 Requires some assistance in dressing, hygiene, keeping of personal items; occasionally incontinent
 - 3 Requires significant help with personal care and hygiene; frequent incontinence

- 7. Behavior and personality changes** _____ **B**
- 0 Socially appropriate behavior in public and private; no changes in personality
 - 0.5 Questionable or very mild changes in behavior, personality, emotional control, appropriateness of choices
 - 1 Mild changes in behavior or personality
 - 2 Moderate behavior or personality changes, affects interactions with others; may be avoided by friends, neighbors, or distant relatives
 - 3 Severe behavior or personality changes; making interactions with others often unpleasant or avoided

- 8. Language** _____ **C**
- 0 No language difficulty or occasional word searching; reads and writes as in the past
 - 0.5 Consistent mild word finding difficulties, using descriptive terms or takes longer to get point across, mild problems with comprehension, decreased conversation; may affect reading and writing
 - 1 Moderate word finding difficulty in speech, cannot name objects, marked reduction in work production; reduced comprehension, conversation, writing, and/or reading
 - 2 Moderate to severe impairments in speech production or comprehension; has difficulty in communicating thoughts to others; limited ability to read or write
 - 3 Severe deficits in language and communication; little to no understandable speech is produced

- 9. Mood** _____ **B**
- 0 No changes in mood, interest, or motivation level
 - 0.5 Occasional sadness, depression, anxiety, nervousness, or loss of interest/motivation
 - 1 Daily mild issues with sadness, depression, anxiety, nervousness, or loss of interest/motivation
 - 2 Moderate issues with sadness, depression, anxiety, nervousness, or loss of interest/motivation
 - 3 Severe issues with sadness, depression, anxiety, nervousness, or loss of interest/motivation

- 10. Attention and concentration** _____ **B**
- 0 Normal attention, concentration, and interaction with his or her environment and surroundings
 - 0.5 Mild problems with attention, concentration, and interaction with environment and surroundings, may appear drowsy during day
 - 1 Moderate problems with attention and concentration, may have staring spells or spend time with eyes closed, increased daytime sleepiness
 - 2 Significant portion of the day is spend sleeping, not paying attention to environment, when having a conversation may say things that are illogical or not consistent with topic
 - 3 Limited to no ability to pay attention to external environment or surroundings

Cognitive subtotal (questions 1, 2, 3, 8) **Total of C Scores** _____
Behavioral subtotal (questions 4, 5, 6, 7, 9, 10) **Total of B Scores** _____
Total QDRS score _____

A total score of ≥ 2 suggests a problem causing limitations or issues, and may need a detailed workup. Please return this instrument to your physician.