

BLESSED DEMENTIA SCALE

Patient Name: _____ Date: _____
 Rater Name: _____

Instructions: Total incapacity in an activity is rated 1 and partial; variable or intermittent incapacity is awarded a half-point. Overall score ranges from 0 (normal) to 28 (extreme incapacity).

CHANGES IN PERFORMANCE OF EVERYDAY ACTIVITIES

Inability to perform household tasks	
Inability to cope with small sums of money	
Inability to remember shortlist of items (e.g., in shopping list)	
Inability to find way about indoors	
Inability to find way about familiar streets	
Inability to interpret surroundings (e.g., recognize whether in hospital or at home; discriminate between patients, doctors, nurse, relatives, etc.)	
Inability to recall recent events (e.g., recent outings, visits of relatives or friends to hospital, etc.)	
Tendency to dwell in the past	

CHANGES IN HABITS

Eating: _____

- (0) = cleanly, with proper utensils
- (1) = messily, with spoon only
- (2) = simple solids (for example, biscuits)
- (3) = has to be fed

Sphincter control: _____

- (0) = complete control
- (1) = occasional wet bed
- (2) = frequent wet bed
- (3) = doubly incontinent

Dressing: _____

- (0) = unaided
- (1) = occasionally misplaced buttons, etc.
- (2) = wrong sequence, commonly forgetting items
- (3) = unable to dress

CHANGES IN PERSONALITY, INTERESTS, DRIVE

Increased rigidity	
Increased egocentricity	
Impairment of regard or feeling for others	
Coarsening of affect	
Impairment of emotional control (for example, increased petulance and irritability)	
Hilarity in inappropriate situations	
Diminished emotional responsiveness	
Sexual misdemeanour (arising de novo in old age)	
Hobbies relinquished	
Diminished initiative or growing apathy	
Purposeless hyperactivity	

References: Blessed G et al. The association between quantitative measures of dementia and of senile change in the cerebral grey matter of elderly subjects. *Br J Psychiatry*. 1968;114:797-811.
 Stern et al. Measurement and prediction of functional capacity in Alzheimer's disease. *Neurology*. 1990;40:8-14.
 Zillmer et al. Comparison of two cognitive bedside screening instruments in nursing home residents: a factor analytic study." *Journal of Gerontology*. 1990;45:69-74.