

**BLESSED
DEMENTIA-
SCALE**

Patient Name: _____

Rater Name: _____

Date: _____

Instruction

One point for each correct answer unless otherwise indicated.

Score

CHANGES IN PERFORMANCE OF EVERYDAY ACTIVITIES

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

CHANGES IN HABITS

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

- D Dressing** _____
 - (0) = unaided
 - (1) = occasionally misplaced buttons, etc.
 - (2) = wrong sequence, commonly forgetting itmes
 - (3) = unable to dress

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

CHANGES IN PERSONALITY, INTERESTS, DRIVE

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

References

Blessed G, Tomlinson BE, Roth M. “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 Y, Hesdorffer D, Sano M, Mayeux R. “Measurement and prediction of functional capacity in Alzheimer’s disease.

[*Neurology.* 1990;40:8-14.](#)

Zillmer EA, Fowler PC, Gutnick, HN, Becker E. “Comparison of two cognitive bedside screening instruments in nursing home residents: a factor analytic study.”

[*Journal of Gerontology.* 1990;45:69-74.](#)