

**Quick guide to:  
Understanding the Progression of Functions Loss with ALS**

	<b>Early Signs and Symptoms</b>	<b>Worsening Signs and Symptoms</b>	<b>Advanced Signs and Symptoms</b>
<b>Speech and Communication</b>	<ul style="list-style-type: none"> <li>• Hoarse or raspy voice</li> <li>• Speaking through the nose</li> <li>• Difficulty with long conversations</li> </ul>	<ul style="list-style-type: none"> <li>• Talking becomes exhausting</li> <li>• Difficulty with long sentences</li> <li>• Difficulty projecting voice</li> <li>• Slurred speech, or difficulty forming words</li> </ul>	<ul style="list-style-type: none"> <li>• Lost the ability to speak all together</li> <li>• Rely on assistive technology to express themselves</li> </ul>
<b>Mobility</b>	<ul style="list-style-type: none"> <li>• Spasticity, muscle cramping</li> <li>• Muscle twitching (fasciculation)</li> <li>• Uncoordinated movements (can lead to falls and the ability to stop falls)</li> <li>• Fatigue in performing simple tasks (ADLs)</li> </ul>	<ul style="list-style-type: none"> <li>• Some muscles are paralyzed</li> <li>• Fasciculation continues</li> <li>• Clients may have lost the ability to perform ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• Is paralyzed</li> <li>• Can still feel muscle cramping, pain, and discomfort</li> </ul>
<b>Swallowing and Nutrition</b>	<ul style="list-style-type: none"> <li>• Excessive Drooling</li> </ul>	<ul style="list-style-type: none"> <li>• Complaints of difficulty or discomfort when swallowing</li> <li>• Pocketing or storing food in the mouth while eating</li> <li>• Coughing frequently when drinking or eating meals (aspiration)</li> <li>• Changes in amount or types of food the client is eating</li> </ul>	<ul style="list-style-type: none"> <li>• Regurgitation of food into nose, throat, or mouth</li> <li>• Difficulty or inability to swallow</li> <li>• Complaints of pain or discomfort when swallowing</li> </ul>
<b>Elimination</b>	<ul style="list-style-type: none"> <li>• Decreased liquid intake</li> <li>• Difficulty getting to the bathroom on time</li> <li>• Foul odor to urine-early sign on UTI</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty passing urine or stool</li> <li>• Constipation</li> <li>• Darker/amber colored urine-early signs of dehydration</li> <li>• Weight loss</li> </ul>	<ul style="list-style-type: none"> <li>• Impacted bowel movements</li> <li>• Bowel leakage</li> <li>• Dehydration and malnutrition</li> <li>• Fever- can be caused by UTI</li> <li>• Pain</li> </ul>
<b>Respiratory</b>	<ul style="list-style-type: none"> <li>• Loss of energy</li> <li>• Weakened or soft voice</li> <li>• Weak, quiet cough</li> <li>• Frequent clearing of throat</li> <li>• Difficulty projecting voice</li> <li>• Trouble sleeping, waking often</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent clearing of the throat</li> <li>• Orthopnea (need to sleep upright)</li> <li>• Excessive fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Lose the ability to breathe on their own</li> <li>• Respiratory failure will occur without mechanical support</li> </ul>