



**Dementia Support Works**  
Compassion. Care. Community.

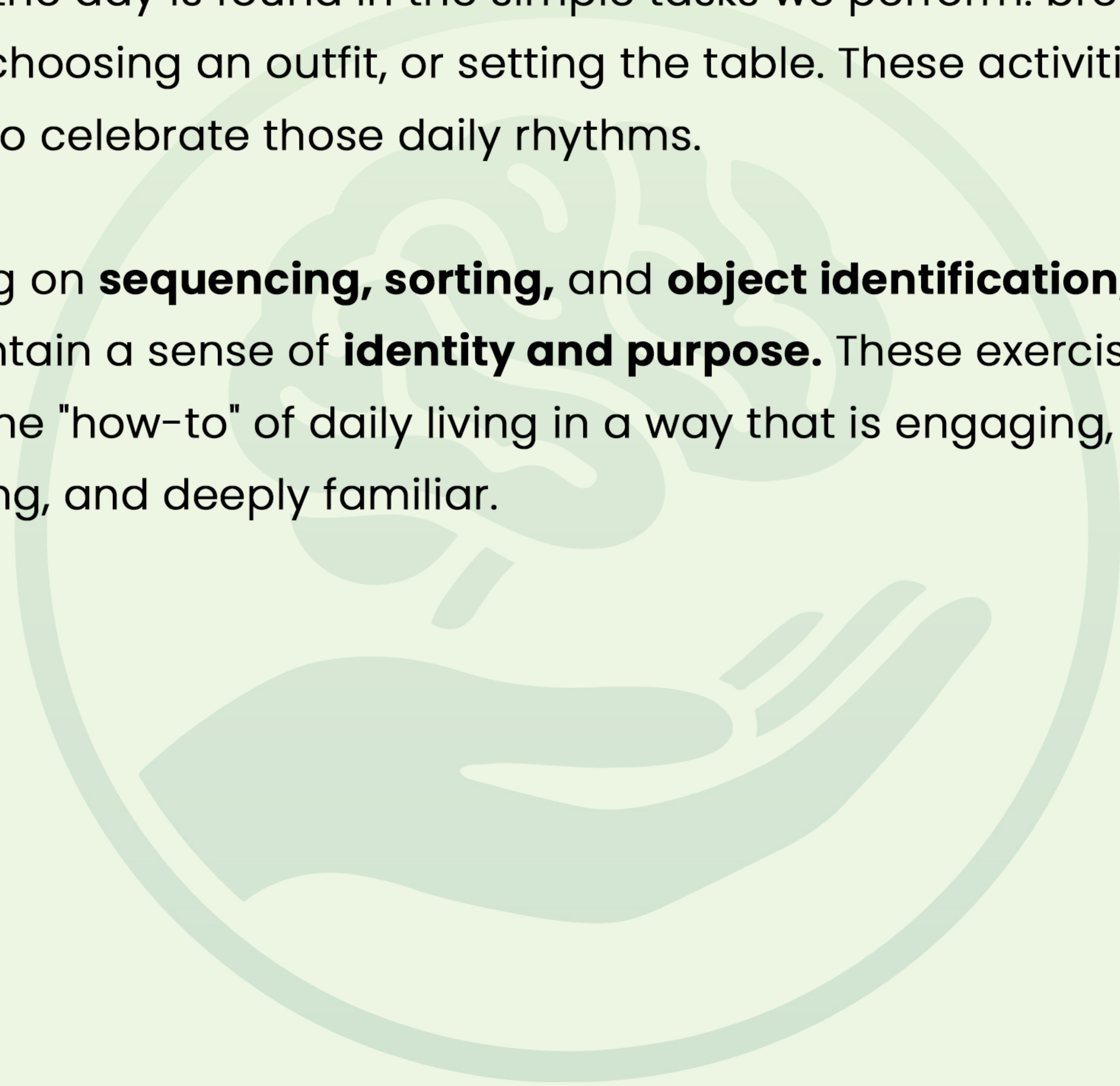
# Daily Life and Functional Skills

# Introduction

## The Power of Creative Expression

Welcome to **Book 3: Daily Life & Functional Skills**. For many of us, the rhythm of the day is found in the simple tasks we perform: brewing a cup of coffee, choosing an outfit, or setting the table. These activities are designed to celebrate those daily rhythms.

By focusing on **sequencing, sorting, and object identification**, this book helps maintain a sense of **identity and purpose**. These exercises reinforce the "how-to" of daily living in a way that is engaging, empowering, and deeply familiar.





# **Section 1**

## **Sequencing Tasks**

**Focus: Logical order and procedural memory.**

# Activity 1: The Morning Brew

**The Benefit:** Reinforces the steps of a familiar routine, helping the brain organize "first, next, and last" actions.

**Instructions:** Look at the three pictures of making coffee (scooping beans, pouring into a mug, water dripping). Number them 1, 2, and 3 in the order they should happen.

Pouring into a mug



Water dripping



Scooping beans



# Activity 2: Getting Dressed for the Cold

**The Benefit:** Supports self-care autonomy by focusing on the logical order of layering clothes for the weather.

**Instructions:** Look at the items: Socks, Boots, and Feet. Draw a line to show which goes on first, second, and third.

## Boot



## Feet



## Socks

