

Example #1: Verbal Task Breakdown

Helping your loved one to walk from her bed to a chair on the other side of the room.

1. With a calm, quiet voice tell her what you wish her to do. "I would like you to stand up. Together we will walk to the chair by the window."
2. As she approaches the chair, give a simple direction. "Please turn around." This will enable her to be in the correct position before attempting to sit down.
3. Remind her to place her hands on the arms of the chair in order to support herself as she sits down.

L. Noyes, Alzheimer's Family Day Center, Fairfax, VA, from the Task Breakdown video.

Example #2: Task Breakdown by List

Helping your loved one to brush his teeth.

1. Locate your toothbrush in the drawer below the sink.
2. Locate the toothpaste in the drawer below the sink.
3. Place the toothbrush on the counter next to the sink.
4. Take the lid off of the toothpaste.
5. Squeeze the toothpaste onto the toothbrush bristles.
6. Place the lid back on the toothpaste.
7. Place the toothpaste back in the drawer below the sink.
8. Turn on the sink.
9. Pick up the cup next to the sink.
10. Fill the cup next to the sink with water.
11. Turn off the sink.
12. Place the cup on the counter beside the sink.
13. Place the toothbrush in your mouth.
14. Count to 20 as you brush your teeth.
15. Lay the toothbrush next to the sink.
16. Pick up the cup next to the sink.
17. Take a sip of water from the cup next to the sink.
18. Swish the water in your mouth.
19. Spit the water into the sink.
20. Return the cup to the counter next to the sink.