

**Cognitive Abilities and Intervention Strategies (CAIS)  
Educational Series**



**Understanding and Supporting  
A Person's  
Cognitive Abilities**

Educational Session 5

**UNDERSTANDING THE TASK AND  
DAILY ROUTINES**

**Educator Script and Accompanying Materials**

by  
Shelly E. Weaverdyck, PhD

The curriculum and accompanying materials for the **Cognitive Abilities and Intervention Strategies (CAIS) Educational Series: Understanding and Supporting A Person's Cognitive Abilities** were created in 2002-2003 with the title "Cognitive Impairment Assessment Educational Series". They were part of a pilot project funded by the Michigan Department of Community Health (now Michigan Department of Health and Human Services) for Innovations in Long Term Care and Mental Health Block Grant Programs to the Michigan Alzheimer's Disease Research Center at the University of Michigan, Ann Arbor, Michigan.

All parts of the curriculum, including the educator script, slide show, handouts, and evaluation forms for **Educational Session 5, Understanding the Task and Daily Routines** were revised in 2007-2009 and in 2019-2020 supported in part by funds from Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, through the Michigan Department of Health and Human Services. Products paid for with block grant funds may only be sold at cost and not for profit.

The author would like to acknowledge with special thanks the original editors Julie Wheaton, LMSW and Sara Holmes, MPH, and the 2020 revision editors Gail Brusseau, LMSW and Marcia Cameron, MA, as well as the 2020 Revision Steering Committee: Alyson Rush, LMSW, Chris Curtin, RN-BC, Gail Brusseau, LMSW, and Marcia Cameron, MA. (The author was also on the steering committee.)

Please properly cite when using any part of this CAIS Educational Series, as follows: Weaverdyck, Shelly E. *Cognitive Abilities and Intervention Strategies (CAIS) Educational Series: Understanding and Supporting A Person's Cognitive Abilities: Session 5*. Lansing: Michigan Department of Health and Human Services (MDHHS), 2020. MDHHS Improving MI Practices website: [improvingmipractices.org](http://improvingmipractices.org).

We welcome feedback.

Please comment on the [improvingmipractices.org](http://improvingmipractices.org) website where indicated.

**Disclaimer:**

This CAIS Educational Series is not sufficient for the understanding, assessment, or intervention regarding any individual person or situation. In each individual case, a health professional or physician must be consulted. This educational series simply presents ideas from which to draw and apply as appropriate. The suggestions here will not be appropriate for every person in every situation.