

KITCHEN

TASKS FOR LOVED ONES WITH DEMENTIA



Task	Why It Works	Gentle Prompt to Use
Wash fruits or vegetables	Familiar, tactile, low risk	"Would you help me rinse these apples? You're great at this."
Tear lettuce or herbs	Easy, sensory, no tools needed	"You always tear the lettuce just right - want to help?"
Set the table	Routine-based, visual cues	"Can you lay out the forks and napkins? You have a good eye."
Stir ingredients in a bowl	Rhythmic, satisfying	"Let's stir this together - you've got the perfect touch."
Peel bananas, shell peas, snap beans	Simple, repetitive	"Want to help me peel these? It's more fun with you."
Sort utensils or napkins	Organizing task, low pressure	"Can you help me sort these? You're so good at it"
Pour pre-measured ingredients	Controlled, safe	"I've got it ready - can you pour it in for me?"
Decorate cookies or cupcakes	Creative, joyful	"Let's make these look festive. You've got great ideas."
Arrange food on a platter	Visual, artistic	"You always make things look so nice - can you help me plate this?"
Fold dish towels or napkins	Familiar, calming	"You fold these so neatly - just the way I like."
Smell herbs or spices	Sensory, memory-stimulating	"Close your eyes and guess this smell - what do you think?"
Dry dishes with a towel	Gentle, rhythmic, familiar	"I'll wash, you dry? We make a great team."
Choose between 2 ingredients	Involved, valued	"Should we go with the apples or the peaches today? You've got great taste."
Taste-testing	Involved, valued, familiar	"You're the expert - can you tell me if this needs more spice?"