MISSION COGNITION
DAY PROGRAM

DDD-CERTIFIED DAY HABILITATION PROGRAM

for adults 21+

A structured, engaging program that provides meaningful activities, community experiences, and individualized support in a welcoming, inclusive environment.











PROGRAM AREAS

LIFE SKILLS

Cooking and meal preparation, household routines, organization, technology use, shopping, financial skills, and other practical everyday activities.

MEANINGFUL PROGRAM RESPONSIBILITIES

Opportunities to contribute to the program through routine jobs, shared responsibilities, organization, and caring for our space.

COMMUNITY OUTINGS

Shopping, recreation, local events, libraries, parks, restaurants, and other opportunities to access and participate in the community.

LEISURE & RECREATION

Games, hobbies, group activities, music, art, seasonal projects, and opportunities to explore personal interests.

MOVEMENT & FITNESS

Walking, yoga, stretching, fitness activities, movement games, and other accessible ways to stay active.

SOCIAL CONNECTION

Natural opportunities to interact with peers, make choices, communicate needs and preferences, participate in groups, and build meaningful relationships.

A Typical Day

ARRIVAL & MORNING ROUTINE

Check-in, get settled, review the day.

DAILY PLANNING & CHOICE

Participants help shape the day.

PROGRAM ACTIVITIES

Life skills, group activities, community outings, and more.

SNACK & LUNCH

Together in a supportive environment.

SOCIAL TIME & WRAP UP

Reflect, clean up, and get ready for home.

Our program is built around each participant's individual goals, interests, communication, and support needs. Staff provides the level of support needed while creating opportunities for greater independence, participation, choice, and connection.

Let's connect!

(640) 267-4639

DayProgram @MissionCognition.com

www.MissionCognition.com/adult-day-program

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