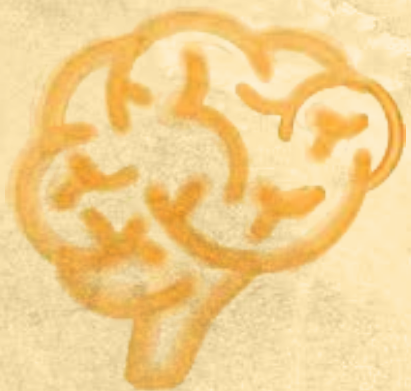


Some therapies for people with **intellectual and developmental disabilities** try to improve cognitive skills.

But does a change in cognitive skills make a difference in daily life?

What are **cognitive skills**?



Thinking
Learning
Logic
Memory
Organization
Planning
Problem-Solving

1

Each study participant completed a cognitive skills test.

2

A parent or caregiver was interviewed about daily life skills.

3

Each person did the tests and interviews again 2 years later.

What are **daily life skills**?



Communicating
Listening
Bathing
Chores
Preparing food
Crossing a street
Making friends

After 2 years, improvements in **cognitive skills** were related to improvements in **daily life skills**.

Next, researchers plan to study **how much** cognitive change is needed to make a difference in daily life skills.