



### Age 8

Caregivers can help children develop independent living skills at any age. Self-care, home, and community living skills can be graded and adapted to meet your child's specific needs and ability level. The following chart describes activities that your child should be able to do at their developmental age level.

<p><b>Dressing Skills</b> Independently completes all dressing skills including fasteners and belts</p> <p><b>Toileting Skills</b> Toilet trained—independently completes all toileting activities.</p> <p><b>Other Functional Mobility Skills</b> Transfers to and from all surfaces Obtains necessary materials to complete self-cares and home skills</p> <p><b>Personal Care Devices</b> Uses personal care devices such as contact lenses, glasses/sun glasses, hearing aids, orthotics, etc.</p>	<p><b>Hygiene and Grooming Skills</b> Accesses sink and obtains all grooming supplies Washes, rinses, and dries hands and face well Completes nose care well (blows nose) Brushes hair (not including tangles) Styles hair Prepares tooth brush with toothpaste Brushes teeth well Safely uses mouth wash Tolerates haircuts/trims Obtains soap and hygiene products for bathing Gets into/out of bath or shower safely Washes, rinses, and dries body well Maintains a safe body position while bathing</p>
<p><b>Feeding Skills</b> Eats all textures of table food Eats mixed textured foods Eats foods from all food groups Uses spoon and fork well Uses a knife to spread food (butter) Drinks from a regular cup well Can use a straw for drinking well Pours liquids from a pitcher into a cup well Gets onto and off of kitchen chairs safely</p>	<p><b>Housework/Chores</b> Picks up belongings or toys when asked Sets table and clears table with adult assistance Sets table and clears table independently Puts away their own laundry (adult folds)</p> <p><b>Meal Preparation</b> Prepares a cold snack (chips, fruit) or meal (cereal, sandwich) independently</p>
<p><b>Managing Money and Shopping</b> Identifies the value of coins and bills Makes a simple purchase from a store or vending machine using cash independently</p> <p><b>Safety Skills</b> Notifies adult when injured or hurt Can dial local emergency number (911) Can perform simple first-aid: Band-Aid®, ice Follows safety rules when talking with strangers Has stranger awareness when asked to leave a location with an unfamiliar person Follows fire safety rules and knows safety plan</p>	<p><b>Travel</b> Unlocks and opens door to leave house Follows basic road safety skills Takes the school bus to school and back safely</p> <p><b>School-Related Skills</b> Brings all necessary materials to school Brings all necessary supplies home to complete homework assignments or projects Completes homework and returns it on time Using an organizational system to keep track of assignments, tests, and projects Relay messages back and forth between classroom teacher(s) and caregiver Finds out what they missed at school when they were absent and completes work</p>