

How can I contact Dr. Carr or Ms. Deakin?

We would be pleased to discuss any concerns or questions you have.



The hospital's phone number:
519-685-8500.

Dr. Carr's extension is 77091, and
Ms. Deakin's is extension 77515.

What happens if I can't attend my appointment?

Please regard an assessment with us an important priority, but we understand that conflicts arise. If they do, please telephone Ms. Deakin or Dr. Carr as soon as possible. Before cancelling or failing to come for an appointment remember it is aimed at helping you. It allows you and others the opportunity to take advantages of your strengths and put supports in place where needed.



What is a Neuropsychological or Cognitive Assessment?



Neuropsychological Assessment

Neuropsychological assessment is a measure of someone's ability to remember things, concentrate, and problem solve. You may have heard of this type of assessment referred to as a "cognitive assessment." It is rather like a taking a picture of your brain, but instead of creating an image of what the brain looks like, the results show what the brain can do.

During the assessment you will be asked to undertake a range of mental (or cognitive) tasks. These tasks are typically in a pencil and paper format, or they can be presented on a computer. For example you may be asked to remember stories or solve puzzles. These tasks are usually arranged so that they start off easy but get harder. In order to determine the limit of your ability, you will be encouraged to keep going even when the test seems difficult.

In the following pages we provide answers to frequently asked question about neuropsychological assessment. We hope that you find this material helpful.

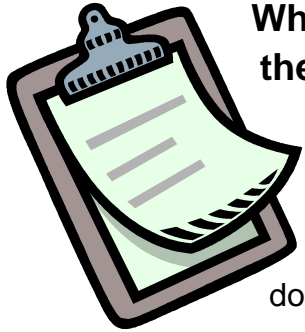
How will the testing benefit me?

Our hope is that this information obtained from the assessment will help you plan for your future school and work endeavors. It can also help you access appropriate learning supports and assistance, so you are able to do your very best at school, work, or other situations when you need to use your thinking skills.

Will the results of my assessment be confidential? Will my employer or school find out the results?

The results of a neuropsychological assessment, like the results of any medical investigation, are confidential. The results are shared within the medical team treating you, but are not disclosed to anyone outside of your treating medical team without your express permission.





What happens after I have done the assessment?

The results of the assessment are typically written into a report that is sent to your case manager and doctor, and any other professional you would like. The report can also be sent to you if you would like a copy. You will be asked to come back to the clinic for a feedback session. During feedback the results of the assessment will be explained to you along with their implications, and you will be given the opportunity to ask questions.

Can I fail the testing?

Most certainly not!

It is not possible to fail the testing because the goal is to determine the strengths and weaknesses in your thinking. This will help you figure out how to maximize your skills and identify skills that might benefit from training or accommodations at school or work.



Frequently Asked Questions

Should I bring my glasses or hearing aid to the appointment?

Yes. If you wear glasses for reading it is important that you bring them with you. Likewise, if you need to wear a hearing aid to hear people talking, please bring this with you.



Is there anything else I should bring?

It is very helpful if people who have previously had educational, speech-language pathology, psychological, or neuropsychological assessments bring copies of the assessment results or reports with them. You may also wish to bring copies of your old school report cards. If you are scheduled for an all-day assessment, please bring a lunch (or lunch money). A drink and a snack are often good to have handy, even if you are scheduled for a half-day assessment.





How can I prepare for the assessment?

Get a good sleep the night before an assessment and avoid using alcohol or street drugs in the preceding days. On the day of the assessment eat a healthy breakfast and drink coffee or tea as you normally do. There will also be rest breaks provided throughout testing. We want your mind working at its best!

Should I take my medications before the testing?

Yes, please take your medications as prescribed.

How long will the testing take?

The assessment can take a long time (somewhere between 4-6 hours typically) and requires concentration and effort. Most people complete the assessment in two appointments. The reason it takes a long time is because there is a lot that the brain can do, and we want to ensure we have given you every opportunity to demonstrate your abilities.



Will the assessment hurt, be unpleasant, involve injections or other procedures?

No, neuropsychological assessments are not unpleasant or painful. In a typical assessment there would be an interview by Dr. Carr, psychologist, and Ms. Deakin, psychometrist/teacher. They will ask questions about your health, your school and work history, and how your thinking and learning skills seem to you. Then you will be asked to undertake some tasks which involve doing things like remembering a list of words and solving puzzles. You may also be asked to complete some questionnaires that ask about how you are feeling emotionally.

This assessment is not painful or unpleasant, but it can be tiring, as it involves concentration and effort. You will be given ample opportunity for rest or breaks should you become tired. You also have the right to end the test at any time, for any reason.

