

# Neuropsychological assessment

A neuropsychological assessment is arranged when a head injury or other neurological injuries which affect brain function are identified. It is used to confirm or rule out brain injury and possibly identify other causes for recent behavioural changes.

## Preparing

- **Sleep** - ensure you are well rested before your appointment so that your results are not skewed by fatigue.
- **Glasses** - if you wear glasses or contact lenses, ensure you bring these with you.
- **Medication** - if you are on any medication, please contact the psychologist before your appointment date to discuss whether you should take it on the day of the assessment. Bring your medication with you.
- **School records** - bring school records with you as well. They are available from your local school board or the institution you last attended. If you have completed an earlier intelligence test or employment test prior to your injury/illness, please try to locate the results.

## The assessment

You will meet with the psychologist for an interview. During this interview, you will be asked questions concerning your family background, education, employment history, and health history. In addition, you should be prepared to discuss how your injury/illness occurred and any problems you have experienced as a result of your injury/illness. All of this information helps in completing an accurate assessment.

The neuropsychological assessment consists of an interview and testing that includes questions which examine intelligence, problem solving skills, personality, attention and concentration. The assessment also involves a number of tasks which assess a wide range of abilities such as coordination, memory, speech, hearing and academic skills. You will be asked to answer a number of questions to assess your psychological functioning (e.g. your mood and personality). A psychologist who specializes in neuropsychological testing usually conducts the interview and an assistant may conduct the testing. Following the assessment, treatment recommendations may be made.

The assessment is usually scheduled over a 1 to 3 day period. If you wish, the psychologist may also meet with you to discuss the results and recommendations at a later date. This review session usually takes about an hour.

If you have any questions about your neuropsychological assessment, please contact your case manager.