

Neuropsychological assessment

A neuropsychological assessment (NPA) is used to confirm or rule out brain injury or any changes in cognitive function. This assessment is arranged when an injury that affects brain function is identified.

1. Why is this assessment necessary?

The assessment helps determine the impact of your injury, specifically if any changes have occurred in your attention, memory, language, problem solving, or other cognitive functions.

It will provide an opinion on your diagnosis, how your diagnosis relates to your claim, your work capabilities from a cognitive perspective, and treatment recommendations. Your claim owner will use this information to develop your care plan to help you recover and return to work.

2. Who will perform my assessment?

These assessments are conducted by an independent psychologist with a doctoral degree and experience in clinical neuropsychology. A neuropsychologist studies how we think, feel, and behave from a scientific viewpoint and applies this knowledge to help people understand, explain, and change their behaviour or adapt based on cognitive changes. An assistant may also participate to help conduct the testing.

3. How does the psychologist prepare for my assessment?

The assessing neuropsychologist is trained to consider all the information collected on your claim, as well as the facts you provide during the assessment. Reports from your medical records will also be reviewed as part of the assessment.

4. How long is the assessment?

It typically takes a full day to complete the assessment depending on individual needs.

5. What will happen during the assessment?

With your consent, the neuropsychologist will conduct an in-depth clinical interview, asking about your family background, education, employment history and health history. It is important you are prepared to discuss how your injury/illness occurred and any problems you have experienced as a result.

You will also be asked to complete several cognitive tests that will assess your intelligence, problem solving skills, attention, concentration and your psychological state such as your mood, thinking and behavior.

Note: The assessments can only be done with your consent. If you have concerns about participating in the assessment, it is recommended you contact your claim owner and discuss the impact withholding consent may have on your claim.

6. Can I bring a family member or support person to the examination?

Someone can accompany you to the neuropsychologist's office; however, only you will be able to participate in the standardized testing procedures.

It will be at the neuropsychologist's discretion as to whether anyone else is allowed into the interview or interviewed separately. Trained interpreters may accompany you throughout the assessment when required.

7. How long after the examination will it be before the results are ready?

Following the examination, the neuropsychologist will write a report containing their opinions and recommendations to WCB and may offer you a debrief session. The report is usually available about a month after the assessment. A copy of the report is available to you upon request to your claim owner.

8. How can I best prepare for the assessment?

- **Sleep** – Arrive rested.
- **Glasses** – If you wear glasses or contact lenses, please bring them.
- **Hearing aids** – If you use them, please ensure you wear them.
- **Medication** – Take your medication as prescribed by your physician involved in your care. Please bring your medication with you so the psychological can see the type and dosage of medication that you are taking.
- **School records** – If you have any school records (e.g., transcripts) available or completed an intelligence or employment test prior to your injury/illness, please bring them to the assessment.
- **Interpreter**—If you need an interpreter, please ensure you discuss this with your claim owner, who will arrange one for you.
- **Alcohol** – Please do not consume for at least 24 hours, with the recommendation to abstain for 1 week prior to the assessment.
- **Recreational drugs including cannabis** – Please do not use any drugs that can alter your thinking or that are not prescribed for at least 24 hours, with the recommendation to abstain for 1 week prior to the assessment.

It's important that you answer the questions honestly and accurately.

Please give your full effort in the assessment and do not minimize or exaggerate your symptoms. Neuropsychological tests are sensitive to over and under reporting of symptoms.

If the assessment results indicate you have not provided accurate responses to the questions, this may compromise the whole assessment and may have significant implications for your entitlement for WCB benefits.

If you have any further questions about your neuropsychological assessment, please contact your claim owner.

