

How Should I Prepare for My Evaluation?

- Get a good nights sleep the night before.
Eat a healthy, nutritious breakfast the morning of your appointment.
- Take any prescribed medications as you normally would, unless instructed otherwise.
Refrain from using any substances and non-prescribed medications for at least 30 days prior to your evaluation.
- Arrive 15-20 minutes prior to your appointment to complete any necessary paperwork.

What Should I Bring?

- Insurance card and ID.
- Enclosed paperwork completed and any previous evaluations.
- List of ALL current medications and supplements, including prescription and over-the-counter medications.
- Glasses and/or hearing aids.
A nutritious snack and beverage.
If you need to take medications at a particular time, please bring these with you.
- If you have a conservator/guardian, they must accompany you to your initial appointment.

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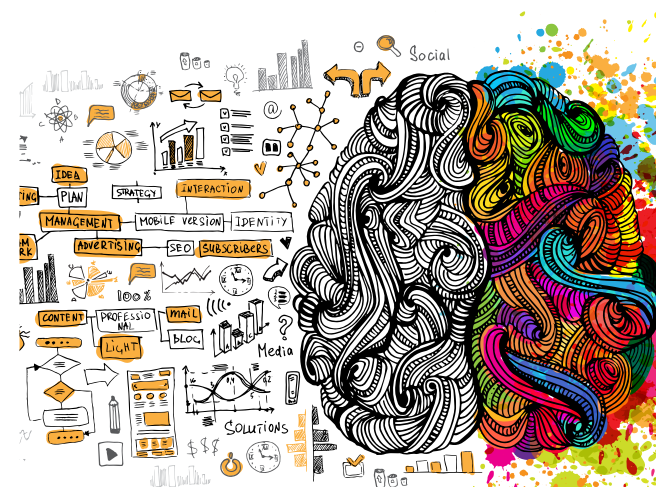
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Neuropsychological Evaluations

A Guide for Patients and their Families

Providing critical information to
help you live your best life

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OUR PURPOSE & MISSION: To lead the way to 100% equity, inclusion, and access for people with disabilities, families and communities by enriching education, enhancing health, expanding employment, and elevating community.



Why Have I Been Referred?

Neuropsychological evaluations are requested to help your doctors and other professionals understand how the different areas and systems of the brain are working.

Testing is usually recommended to help:

- Identify cognitive strengths and weaknesses
- Assist with clarifying diagnosis
- Establish a baseline of functioning and track changes in functioning over time
- Monitor the progression of or recovery from an injury, illness, or disease process
- Guide treatment for your personal, educational, and/or work needs
- Make recommendations to you and your other health care provider(s)

There are a number of medical, neurological, psychological, or genetic causes of concern that lead to a referral for neuropsychological testing.

Common referral questions can be related to:

- Autism
- Learning disabilities
- Genetic disorders (e.g., Down syndrome)
- Attention-deficit/hyperactivity disorder (ADHD)
- Concussion/traumatic brain injury
- Hydrocephalus
- Seizures/epilepsy
- Stroke
- Demyelinating disorders (e.g., multiple sclerosis)
- Movement disorders (e.g., Parkinson's disease)
- Alzheimer's disease or other dementia

What Is Neuropsychology?

Clinical neuropsychology is a specialty profession that focuses on brain functioning. A clinical neuropsychologist is a licensed psychologist with specialized training in how behavior and skills are related to brain structures and systems. Easterseals provides comprehensive assessment services for pediatric through older adult populations who are experiencing developmental, cognitive, and/or behavioral concerns.

What Is Assessed?

A neuropsychological evaluation involves using standardized tests and clinical procedures and may assess the following areas:

- Attention and concentration
- Learning and memory
- Language functions
- Visual-spatial skills (e.g., spatial perception)
- Motor and sensory skills
- Planning, organization, and problem solving
- Academic skills
- Behavioral and emotional functioning

Some abilities may be measured in more detail than others, depending on the questions you and your doctor have.



What is the Evaluation Like?

A neuropsychological evaluation usually consists of an interview and testing.

Interview

During the interview, you will be asked about your symptoms, medical and mental health history, medications and other important factors. It may be helpful to have someone who knows you well (e.g. a family member, close friend, or caregiver) attend this portion of the evaluation with you, as they can provide valuable information about change to and concerns about your functioning. The appointment typically takes 1 to 2 hours.

Testing

Testing involves taking paper-and-pencil and/or computerized tests and answering questions. The time required depends on the problem being assessed, in general 3 to 6 hours are needed. You are welcome to bring snacks and beverages. Breaks will be provided as needed.

- If you are 18 years old or older, you will be scheduled for one full-day of testing. Typically, you can expect the evaluation to last about 3-5 hours.
- If you are under 18 years old, you will be scheduled for two (2) half-day testing sessions. Half-day sessions typically last 3-4 hours. Parents must remain in the building for the duration of their child's appointment.

We accept all major Insurances including, Medicaid, with a referral.



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