

## Neuropsychological Evaluation Process

There are three separate neuropsychological assessment appointments: **initial intake session, neuropsychological testing session, and the report review session.**

1. **Initial intake session** is a telehealth appointment during which information is gathered about a person's concerns/difficulties, medical background, and history. A clinical examination is then conducted to determine whether the case will be accepted. If accepted, the findings are used to determine what specific tests will be used to address the reasons for referral. A family member is encouraged to attend this appointment to provide information about the patient. The patient to be evaluated (i.e. child) must be present.
  
2. **Neuropsychological testing session** is based on the patient's concerns, information gathered during the initial intake consultation session and those of their referring physician. The duration of the evaluation is approximately 4-6 hours. Patients are responsible for ensuring they are fully rested and have snacks/lunch with them at the time of their appointment. All tests are administered individually and designed to provide detailed information about the individual's cognitive functioning. Many tests are 'hands on' and require assembling, sorting, organizing, etc. A typical evaluation involves assessment of:
  - a. Intellectual Ability
  - b. Reading/Writing Ability
  - c. Attention/Concentration
  - d. Language/Verbal Comprehension
  - e. Memory
  - f. Spatial Abilities
  - g. Executive Functioning
  - h. Motor Functioning
  - i. Learning (Children Only)
  - j. Personality, Emotionality, and Mood
  
3. **The report review session** consists of a twenty to forty-minute telehealth appointment in which the doctor reviews the diagnostic test results with the patient and/or a family member. This appointment allows an opportunity for further questions and discussion as it pertains to next steps, treatment options, and additional recommendations.

The neuropsychologist is responsible for evaluation, assessment selection, the clinical intake and interview, and compiles the final report that interprets and summarizes the results. The assessments are administered by a trained technician called a psychometrist under the supervision of a neuropsychologist. Whereas, some tests are scored by the psychometrist under the supervision of a neuropsychologist.

The evaluation will take approximately 4-6 hours, depending on which tests need to be given and how quickly the patient is able to work comfortably. The tests range in format from paper-pencil, computer, problem solving/puzzles, and/or oral dialogue. An afternoon lunch break if the evaluation is going to extend into the afternoon and/or shorter breaks are offered. Patients are required to provide their own food/beverages throughout the day.

**Preparing for the testing day:** A neuropsychological evaluation includes a series of tests designed to measure a person's cognitive abilities; such as, memory, attention, communication, problem-solving abilities, psychological symptoms, and review of the person's medical history. These tests are used to determine whether cognitive changes are symptoms of a neurological illness/injury, a psychological condition such as depression or anxiety, or possibly a normal part of aging and development. Doctors can then use this information to help determine a diagnosis, assess whether an intervention has or is likely to affect cognitive ability and direct future treatment plans.

To prepare for your evaluation:

- Get a good night's sleep.
- Eat a good breakfast, preferably with protein.
- Bring water, snacks, and a lunch. A fridge and microwave are available.
- Take all of your medications as usual unless you are directly instructed to do otherwise.
- Bring glasses, contact lenses, hearing aids, or other necessary assistive devices.
- If you have had any neuropsychological, psychological, or academic testing done in the past, bring those records with you.
- Patient/guardian be prepared to sign a release form giving the neuropsychologist permission to distribute results with health care provider(s). Please have their contact information available.
- Wear comfortable clothes (preferably layered clothing for temperature).
- The neuropsychologist may ask permission to interview family members accompanying the patient or permission to have family members present during the initial or final sessions.

During the testing session:

- Please ensure your cell phone is silenced and put away to prevent interruptions.
- Inform your psychometrist of any special needs (i.e. frequent breaks due to health difficulties, seizures, etc.).

Children's Testing:

- Parent/guardian must give written permission of person(s) picking up minor children on the testing day.
- Parent/Guardian must remain in the vicinity of the private practice during the testing day in the event assistance with the patient is needed. However, no person(s) is allowed in the testing room unless requested by the neuropsychologist/psychometrist.

**Does insurance cover a neuropsychological evaluation?**

Insurance coverage varies greatly, depending on individual insurance plans. Some portion of the evaluation is usually covered. If you want to confirm coverage, please check with your insurance provider.