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Neuropsychological assessment

A guide to what you can expect.

The information in the leaflet was valid at the date of production (Oct 2020) and is due for review in Oct 2022

Leaflet code: AB-NAG-20-831



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Helping people to be
the best they can be

Neuropsychological testing

A guide to what you can expect

You have been given this leaflet because a neuropsychological assessment has been suggested as something that may be helpful to carry out with you.

This assessment can help to get an idea of your current cognitive abilities (e.g. your ability to remember things and or your planning/reasoning ability).

The assessment can be used to aid a diagnosis if you are experiencing some difficulties with memory. It may also be useful to track and monitor any changes.

You should always be clear about why neuropsychological assessment is being requested.

What to bring with you?

It is important that you bring glasses and or your hearing aids if you have them when you attend for the assessment.

What does it involve?

The assessment usually takes place over 1-2 sessions that can last up to an hour and a half.

There will be a number of different assessments completed that will look at different aspects of your functioning. For example:

- Memory
- Your ability to make sense of what you see
- Mental flexibility
- Planning and how quickly you can process information

Can I bring someone with me?

We usually encourage people to attend the assessment sessions on their own, to reduce distractions. We recognise that some people may feel more comfortable having a relative or friend present during the assessment; this can be discussed with the psychologist beforehand.

What happens after the assessment?

After the assessments have been completed another appointment will be made during which the psychologist will go through the results with you. They will do this verbally so you can ask questions as you go and you will also be provided with a written report that is also sent to your GP.

Pros and cons, how will the results of the assessment be used?

The results of the assessments may be used to inform any future therapy or advice e.g. for example if you have a better memory for things that you see, information from sessions could be written down to help you retain information in between sessions.

The information can also be helpful to others involved in your care and possibly aid diagnosis.

The assessment covers a lot of skills necessary for driving safely. Any findings which may affect your ability to drive safely will be brought to your attention and a referral to the local driving assessment centre would be recommended. Driving is an essential skill for many and represents independence, so we would not make decisions lightly, however we have a duty of care to clients and the wider public in keeping every one safe.

Do I have to complete the assessment?

Whether or not you complete the neuropsychological assessment is completely your choice. You may agree to start the process but then change your mind, or feel you wish to stop half way through this is absolutely fine and will in no way impact on any future care you may receive.

We hope this goes some way to helping you understand what you can expect if a neuropsychological assessment has been suggested, but if you have any other queries, please discuss these with the psychologist who will be happy to help.