

Neuropsychology – Information Sheet for clients

What is Neuropsychology?

Following some illnesses or injuries such as head injury, stroke, and chronic neurological conditions, people may experience changes in their thinking skills. This might include problems concentrating or remembering new things. These problems can cause difficulties learning how to do new things, completing everyday tasks (e.g. cooking, taking medications) or returning to/continuing work, driving, and hobbies.

Working with the Neuropsychologist can assist you and your family by:

- Understanding your current thinking skills, including any changes in these.
- Understanding how these might impact on daily tasks that are important to you.
- Discussing strategies to use your strengths and learn ways to reduce the impact that changes have on everyday tasks.

What does a Neuropsychological Assessment involve?

1. Interview - This is a time when you can tell your story about any changes or difficulties to your thinking skills that you have noticed. The Neuropsychologist may also ask your permission to speak to another person who knows you well (e.g. family/friends/carers) to obtain other relevant information.
2. Measuring your thinking skills – Many of our tasks are “paper and pencil” based, where you may be asked to remember information, complete some drawings, answer questions or fill in a questionnaire.
3. Feedback to you – In most cases, a session is held to discuss the results, what they mean, and recommendations and strategies that may help you. It is helpful if a family member/friend/carers is able to attend the feedback session with you.
4. Feedback to the referrer/treating team – Feedback will be provided to the person who referred you and/or the treating team. A written report will also be sent to the referrer and other professionals in your treating team.

How long will the Neuropsychological assessment take?

The length of the sessions, and the number of sessions needed will depend on the reason for referral and your situation. The assessment will usually take up to 4 hours, and this can be scheduled over 2 or more sessions and can include rest breaks.

Do I need to bring anything to the assessment?

Please bring along any reading glasses or hearing aids that you require, as well as any medical reports.