

# Pediatric Psychological & Neuropsychological Testing Information Sheet

Psychological and neuropsychological evaluations are used to assess how children are functioning in school, at home, and in social situations. Using a variety of non-invasive testing procedures, we learn about your child's individual strengths and needs, development, cognitive abilities, behavioral and emotional functioning, and social skills.

Our team of highly trained psychologists, neuropsychologists, and support staff is here to make the evaluation process positive for you and your child.

## Conditions we evaluate:

- Attention deficit hyperactivity disorder (ADHD)
- Autism Spectrum Disorder
- Behavioral problems
- Concussion/ Traumatic Brain Injury
- Developmental Delays
- Neurodevelopmental disorders
- Neurological disorders
- Psychological conditions (e.g., depression and anxiety)
- Pre-Post neurosurgery evaluations
- Illness/disease/treatments that impact brain development
- Learning Disabilities
- Giftedness

## Our process

- **Intake:** A one-hour appointment with the psychologist/neuropsychologist during which you will discuss:
  - Concerns, symptoms, abilities, and behavior
  - Medical, developmental, academic and social history
  - Structure of the testing process and the types of tests that will be used
  - Covid-19 safety procedures
- **Cost:** After the intake, our testing coordinator will review with you the costs of the entire testing evaluation and payment arrangement options. Payment in full is expected prior to completion of the testing process. Depending on what testing procedures your insurance authorizes, you may be responsible for additional charges above your co-pay amount.
- **Testing:** May be completed in one day or across multiple days. The test battery will include some combination of the following areas of assessment and it will be customized to your child's specific needs:
  - Intellectual Functioning
  - Attention and concentration
  - Higher level reasoning / Executive functioning skills
  - Visual-spatial skills
  - Motor skills
  - Adaptive skills
  - Sensory skills
  - Learning and memory skills
  - Problem solving skills



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- Linguistic (language) skills
- Development
- Emotional, behavioral and personality functioning
- Social perception and communication skills
- Academic achievement (e.g. reading, writing, and math)
- **Analysis:** Following completion of the test administration. There is an extensive data analysis process. Considerable time is spent on careful interpretation and analysis of the data from the following sources:
  - Parent and teacher rating scales
  - School, professional, and medical records
  - Parent and child interview
  - Test results and behavioral observations
- **Report:** Comprehensive integration of these findings informs diagnostic decision making, the development of a treatment plan, and intervention recommendations for home and school; all of which is included in a formal, written evaluation report.
- **Feedback session:** A one-hour appointment to discuss the evaluation results, diagnoses, the treatment plan, and recommendations for therapeutic intervention and implementation.

## What to expect on Testing Day

Knowing what to expect on Testing Day will make the process less daunting for parents and children. Here is a brief outline of what to expect:

- Your child will usually begin seated at a table, working with a psychologist and/or a psychometrist, a highly trained testing technician.
- Non-invasive tests will be administered, which may include activities such as:
  - Question and answer
  - Pointing to pictures in a book
  - Paper and pencil tasks
  - Hands-on activities (e.g., assembling, sorting, and organizing)
  - Communication and social assessments
- Early childhood assessments can include physical activities (e.g., jumping, catching/throwing a ball, and playing with toys)
- Your child will be given breaks; you may bring snacks, water, and comfort items.
- Typically parents wait in the waiting room; however, in certain circumstances (e.g., testing very young children), parents may sit in the room during testing.
- The examiner will use strategies to promote children's optimal performance as needed, such as encouragement, praise for effort, and other positive behavior supports.

Make sure your child gets a good night's sleep and eats a meal prior to testing.



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# Pediatric Testing Checklist

## Before Intake:

- Ensure that your insurance is updated with the office
- Make sure you have the Zoom link for a virtual visit, or the office address for in person
- Complete new patient paperwork
- Send a copy of school records to the office for your provider to review, or bring them to your visit

## After Intake:

- Our testing coordinator will verify your insurance and give you a call to discuss fees and insurance coverage.
- After your insurance is verified, we will be able to schedule your child for their appointment. Some testing requires two in person visits to complete.
- Our team will reach out to you to complete release of information forms so we may send questionnaires to your child's teachers.
- We will send you and your child's teachers email links to get questionnaires completed. These are essential to the psychologist so that they have information and observations on your child.

## 1 week before testing appointment:

- Please contact any of your child's teachers or relatives who have not responded to the questionnaires.
- Ensure that any school records your provider needed are available to bring to the visit.

## Day of appointment:

- Bring a snack for your child to enjoy during their break in testing.
- Make sure your child is dressed in comfortable clothes as they will be sitting for a while.
- The feedback visit will be scheduled when you are in the office
- Bring a magazine or activity for you to work on in the lobby.

## After testing:

- You will meet with the provider to review the results of the testing as well as get a copy of the final report.
- A feedback session is required to receive report results, discuss any questions, and speak to the provider regarding the testing results.

## Important Dates:

Intake: \_\_\_\_\_ Testing Day 1: \_\_\_\_\_ Testing Day 2: \_\_\_\_\_

Feedback: \_\_\_\_\_

Notes: \_\_\_\_\_

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