



How to plan for your neuropsychological evaluation and what to expect:

Please arrive 15 minutes before your appointment time. There is parking in front of the Billings Building. If you require assistance to transfer from your car into the building, please plan to have someone accompany you who can provide this and bring appropriate supports (e.g., cane or wheelchair).

The evaluation includes an interview with the neuropsychologist to learn more about your background and concerns, followed by an assessment of cognitive (thinking) skills (e.g., attention, language, memory, problem-solving, emotional functioning). This assessment involves pen and paper tasks and, sometimes, computer tasks. These allow the neuropsychologist to understand your personal cognitive strengths and weaknesses. This evaluation is often done to clarify diagnosis or to determine your individual treatment needs.

The length of the evaluation will vary depending on your individual circumstances; however, it is anticipated that the evaluation will take approximately 4 hours and, for some individuals, up to 6 hours including breaks. To allow for this time, and because this evaluation may be tiring, we suggest that you do not schedule other appointments afterwards. A break for lunch and additional breaks, as needed, will be offered. You may wish to bring a packed lunch or snacks and drinks to consume over the course of the day. If you have concerns regarding appointment length or require a specific time frame in order to arrange transportation, please contact us ahead of time. If needed, multiple appointments can be arranged to accommodate or we may be able to clarify the approximate time anticipated for your specific evaluation.

A Background Questionnaire is also linked from our information page. Please complete this questionnaire as fully as possible prior to the evaluation and bring it to your scheduled appointment. We will spend some time reviewing the information contained in this background form during the interview. **If you require reading glasses and/or hearing aids, please bring these with you to the appointment,** along with your medication list and any other relevant medical records that you feel may be helpful in this evaluation process.

With your permission, we often like to speak to a close family member or friend in order to obtain additional information regarding their report of any changes in thinking and/or behavior they may have noticed in you. If someone is unable to accompany you to this appointment (or at least the first hour of the appointment), please bring their contact information and we will contact them at a later time.

If you have any questions/concerns regarding this upcoming appointment, please contact our office.