

What is a neuropsychological assessment?

Minor brain changes can be a normal part of getting older.

Sometimes other things such as a stroke, a viral infection, a head injury or another disease process can affect how our brain works. A neuropsychological assessment is used to see if any changes have occurred, to explore what might have caused this and to see what sort of help may be needed.

A neuropsychological assessment looks at a range of different functions associated with the brain including attention, concentration, memory, problem solving skills and visual abilities.

Why do I need one?

You or someone close to you may have noticed that your memory is getting worse, or that things you have always been able to do are now more difficult. The assessment aims to explore this.

Who carries out the assessment?

It will either be conducted by a clinical psychologist, or by a trainee clinical psychologist or assistant psychologist under the supervision of a qualified psychologist.

What will it involve?

Firstly you will be asked for details about how you see the problem. It may be that you want someone else (eg a relative) to come with you to discuss

how they see things. Then you will be seen individually and asked to do some tasks. These may involve pen and paper tasks or verbal responses to questions and situations.

You may need more than one appointment. These usually last between 60-90 minutes. If you use reading glasses or a hearing aid you should bring them along.

What are the risks?

Sometimes people get worried about how well or badly they think they have done in a psychological assessment. Please share any concerns with the person doing the assessment, so that they can give you the support and assurances that you need.