

## **Neuropsychology Services**

### **What to Expect:**

An evaluation on the Neuropsychology Service involves the following steps:

1. The first step is a meeting with the neuropsychologist who will ask you questions about your background (e.g., education, work, and mental health history), your thinking skills, and your day-to-day functioning. This appointment normally takes 60 to 90 minutes. You are asked to bring a list of your current medications, reading glasses, and/or hearing aids if you need them. You are also welcome (but not required) to bring a family member or friend who knows you well and can provide his/her observations about how you have been doing in the areas that will be addressed by this evaluation.
2. The second step involves completing paper-and-pencil testing with the psychometrist who will ask you to answer questions, copy or write things down, and remember information. The average time to complete the testing is 4 to 5 hours. You can choose to do this in one day or break it up into shorter sessions.
3. The third, and final step, involves a meeting with the neuropsychologist, who will explain the findings of your evaluation to you. Your strengths and problem areas will be discussed and every effort will be made to help you understand how your life may be affected (e.g., school, work, and/or day-to-day activities). This is the time to ask any questions you may have about the results. You may find it helpful to bring a family member or a friend to this appointment.

At the end of this process, the neuropsychologist will write an interpretive report and will send a copy to the health care provider who referred you for this evaluation. A copy will also be placed in your health records for the Nova Scotia Health Authority. Additional copies may be sent to other parties (e.g., family doctor, college/university) with your written permission.