

WHAT TO EXPECT ON THE DAY

Each assessment is different and designed for the individual person, so it is hard to predict how long it will take to finish. However, most assessments can be completed within 3 hours.

When attending the assessment, it is important to bring things like glasses or hearing aides to make sure you can do all the tasks. Please also take any prescribed medication as guided by your doctor. If you have a condition that you think will affect your ability to complete the assessment (e.g., colour blindness) just let the neuropsychologist working with you know before the assessment starts.

You may also want to bring a drink or some food. There will be time for breaks as well.

Please note that this is not a medical appointment. There will be no physical assessment or any other medical procedures. Most of the assessment involves having a chat and answering questions as best you can.



NEUROPSYCHOLOGICAL ASSESSMENT

Children's Court Clinic

Children's Court Clinic

Address: 477 Little Lonsdale St, Melbourne
VIC 3000

Directions Details: The clinic is located on the ground floor of the Melbourne Children's Court. It's entrance is at the end of the ramp just before the court's main entrance.

Phone: (03) 8638 3301

Email: clinicappt@courts.vic.gov.au

WHAT IS NEUROPSYCHOLOGY?

Neuropsychology is a type of psychology that focuses on how the brain and nervous system affects our daily functioning. This includes thinking skills like intelligence, memory, and attention but also behaviour and mental health.

Neuropsychologists use a variety of assessment techniques to determine how a person is functioning, and then use this information to provide recommendations (or diagnoses) to help support the person at home and in the community. Usually, neuropsychologists work with people who might be struggling with:

- Neurological conditions such as an acquired brain injury;
- Psychiatric conditions such as depression and anxiety;
- Neurodevelopmental conditions such as Attention Deficit Hyperactivity Disorder and Foetal Alcohol Spectrum Disorder;
- Drug and Alcohol use;
- Intellectual difficulties; and
- Regulating emotions and behaviour.



WHAT IS A NEUROPSYCHOLOGICAL ASSESSMENT?

The main goal of the assessment is to see how the brain is functioning. There are many parts that are involved with the assessment.

The first part is usually a detailed interview about your background. This includes key events in your childhood, school performance, relationship with family and friends, work history, and day to day life. Most of the time, there are detailed questions about your medical history (e.g., injuries, hospitalisations) and substance use. The neuropsychologist may also ask your permission to speak with people who know you well and to access some of your medical information. This helps to develop a really good understanding of factors that could be influencing your thinking skills, behaviour or mental health.

The second part of the assessment mostly involves completing tasks that look at different thinking skills. These tasks are completely different to what you would have seen in school and there is little, if any, reading or writing required. Many of the tasks are quite easy to complete and some of them are more challenging. This is how they are designed and the most important thing is for you to try your best the whole time.

The assessment may also involve you filling out some questionnaires that examine your mental health, behaviour, and personality. Like the other parts of the assessment, it is important that you answer these questions as correctly as possible. The neuropsychologist working with you can help you to complete these questionnaires.

