

What do I need to do to prepare?

- You will be notified of your upcoming assessment in advance by mail
- There is no formal preparation required
- Try to get a good night sleep and have a good meal before attending the assessment
- Bring a small snack and some water with you as you will get a break
- Ensure that you have transport organised and aim to attend 15 minutes before your scheduled appointment
- If you have any important information the Neuropsychologist might need or be interested in, bring it along (e.g current medication lists are important).

What will the results show?

The Neuropsychologist may give you some general feedback following the assessment. They will then prepare a detailed report for your doctors. The information provided to your doctors will indicate if there are any concerns with your cognition and provide recommendations for management as well as practical strategies to assist you to manage your daily activities. You can also request a summary of the results.

Contact details

Townsville Rehabilitation Unit

Townsville University Hospital
1 Discovery Drive,
DOUGLAS, QLD, 4814

Phone: (07) 4433 1111

Townsville Hospital and Health Service
100 Angus Smith Drive, Douglas QLD 4810

Published by Townsville Hospital and Health Service
www.townsville.health.qld.gov.au



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2. Consumers and/or carers provided feedback on this patient information.



© The State of Queensland (Townsville Hospital and Health Service) 2023, creativecommons.org/licenses/by/3.0/au

A guide to neuropsychological assessments

A guide for patients and families of the
Townsville Hospital and Health Service



Queensland
Government

What is a neuropsychological assessment?

A neuropsychological assessment assists to provide detailed information about your cognition (thinking skills). It is especially important if you have a brain disease or an injury to your brain (for example stroke, traumatic brain injury, tumor, sub-dural hemorrhage, long-term substance use or a degenerative condition).

As different areas of your brain control different functions, a neuropsychological assessment includes a wide range of tasks. The assessment will be tailored to you so the neuropsychologist can specifically classify your cognition. The results can help you to understand what parts of the brain are working well and what parts may be having difficulties.

A neuropsychologist has specialised training in assessing your cognition and can help you to understand how brain injury or disease affects function, behaviour and personality. The results will assist to provide recommendations and strategies to help you in your daily life, or to assist in accessing required services.

Why do I need an assessment?

A neuropsychological assessment may be useful:

- if your diagnosis is unclear
- to identify strengths and weaknesses
- to assist with treatment/rehabilitation goals
- to assist with access to services
- to assess eligibility for compensation
- to return to work and/or driving
- if you require assistance with managing your affairs (i.e. finances, lifestyle matters).

What does the assessment involve?

A neuropsychological assessment involves two main parts. The first is an interview. The depth of this will depend on how much information the Neuropsychologist already has access to.



The information that the Neuropsychologist requires is:

- your medical and personal history
- your own concerns with your cognition, mood and function.

The second part is the assessment. You will complete a number of paper and pencil tasks with the Neuropsychologist to guide you. The tasks are all different and are designed to use different parts of your brain. There is no physical examination.

The following areas might be assessed:

- attention and concentration
- intelligence
- memory
- problem-solving skills
- personality
- mood.

How long will it take?

The interview and assessment can take anywhere between two to six hours. The average time for a standard assessment is three hours. Usually, the assessment is completed in one session but we understand that some clients may need to split this over two sessions and that is perfectly fine if required. Breaks will be offered during the assessment.