

Neurodevelopmental Service

Psychology Assessment Guide

WHAT IS A PSYCHOLOGY ASSESSMENT?

This is an assessment of a child or young person's life experiences and how these may be impacting them now. We will also talk about the child or young person's previous and current mental health. We will explore how these are related to neurodevelopmental conditions.

There are no right or wrong answers during this assessment and the child or young person (or parents/carers) can share what they feel comfortable with.

Depending on the age of the child, we may speak with parents/carers.

WHAT HAPPENS ON THE DAY?

When you arrive on the day, we will collect you from reception and show you to the room. We will do introductions and take a few minutes for everyone to get settled.

We understand that everyone may be anxious or feel unsure and we will make every effort to make the environment comfortable. Staff won't wear uniforms.

We will make notes, as this helps us to keep accurate records. We appreciate that some conversations can feel tricky, and sometimes upsetting, so we welcome breaks and will support you throughout.

HOW LONG WILL THE ASSESSMENT TAKE?

The assessment will take 1– 2 hours.

WHAT SHOULD I BRING TO THE ASSESSMENT?

You do not need to bring anything with you. If you would like to bring a drink or snack then please do, as these cannot be provided.

WHO CAN COME TO THE ASSESSMENT?

A young person can decide if they want an adult (maximum 2) to stay with them, however, they may feel more comfortable in private. The adult can be a parent/carer or someone who knows them well.

Only the child having the assessment and their adult(s) should attend. We are not able to accommodate siblings and additional children. We are unable to offer a waiting area for those not attending appointments.

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WHERE WILL THE ASSESSMENT BE HELD?

We have two clinics in Norfolk:

- 1. If you live in the Norwich area, your appointment will be booked for:**

The Children's centre
Norwich Community Hospital
Bowthorpe Road
Norwich
NR2 3TU

- 2. If you live closer to King Lynn, your appointment will be booked for:**

St. James Clinic
Extons Road
King's Lynn
Norfolk
PE30 5NU

The appointment letter we send out will let you know where you need to go on the day.

WHAT HAPPENS AFTER THE ASSESSMENT?

We will let you know when all the parts of the assessment are complete. We will then end the session with a brief chat and then show you back out to reception so you can head home. Your child may feel tired after the assessment.

We will meet as a multi-disciplinary team to discuss the assessment outcomes. If you are waiting for further appointments these will be completed on a different day.

When all of your child's assessments are complete and reviewed, we will invite you to a feedback meeting to discuss the assessment decision.

If you have any further questions prior to the assessment, please contact the admin team who will be happy to answer your questions:

01553 668712 Monday to Friday 9 – 5pm

Or email us on nds@nchc.nhs.uk