



## **General Information re Psycho-Educational Assessments**

**What is a psycho-educational assessment?** A psycho-educational assessment involves one on one testing and is normally completed by a psychologist. The results are most frequently used to understand an individual's learning style, strengths and difficulties. A psycho-educational assessment is helpful in explaining why an individual is experiencing difficulties with learning. The only way to tell if an individual has a learning disability is by having this type of assessment.

**How do I begin the process?** Individuals may refer themselves or a dependant by calling the office at (902)354-4660. Some insurance companies require a physician's referral, so a visit to your physician may be needed to ensure coverage. Calling your insurance company will result in a quick answer about whether or not a physician's referral is needed to cover psychological services. Normally, the psychologist recommends that the parents express their concerns about learning in a consultation with the child's classroom teacher. Some minor modifications may be tried and evaluated at school prior to deciding upon a full assessment.

**Does Medicare cover the cost of an assessment?** No. Most clients who access private assessments have private extended health coverage as part of their medical plan. The total cost for a psycho-educational assessment varies depending upon the complexity of the assessment and the amount of time required. In circumstances when an assessment requires more time than usual, this will be discussed with you and agreed upon prior to the additional work being undertaken. Please feel free to contact our office with any further questions

**Why do I need to complete a medical and developmental questionnaire, as well as, share report cards?** Many sources of information are used when considering a possible diagnosis to explain learning difficulties. Developmental problems in early childhood and certain medical conditions can have an impact on learning. It is also important for the psychologist to know how the child, teen or adult functions in an educational setting. Normally, report cards will indicate difficulties and any necessary modifications.

**When will I speak to the psychologist about my concerns?** Typically, when the child, teen or adult comes in for their first testing session, the parent(s) or the adult spends some time alone with the psychologist. During that time, the medical and developmental questionnaire will be reviewed and questions may be addressed.

**How long does the one-on-one testing time take?** On average, the psychologist spends five to six hours administering tests with each client. In the case of elementary students or those with concentration difficulties, the testing occurs over two mornings. The format involves very little reading and writing up until the time when these particular skills are tested. At the

end of the testing session(s), a meeting will be set to review the results with the psychologist. Usually, the psychologist is available to meet with the parent(s) or adult two weeks after the testing sessions.

**Is being tested by a psychologist stressful?** Some children or adults may be hesitant about testing and may be a bit anxious about the unknown, but most people relax quickly once they have met the psychologist. The “tests” are mostly activities with no pass or fail. Children, teens or adults are not told how they are doing except for positive feedback about their effort, attention and cooperativeness. Some of the activities involve pictures and puzzles while others may require the psychologist to ask questions and then record how the child, teen or adult responds.

**What types of tests are used for the typical assessment?** Typically, the psychologist would give an intelligence battery made up of 10 to 15 other smaller tests, tests of fine motor copying, general listening skills, short and long-term memory and then a broad achievement test including reading, spelling, writing and mathematics.

**What sort of report will I receive?** A full report is often seven to ten pages and includes ratings and results of all tests used, as well as, an analysis of learning. A list of appropriate recommendations is always provided in user-friendly language. The report will be available following the results meeting (typically two to four weeks). Normally, we encourage parents to share information with their child’s school. We will not send any copies of the report out unless given signed parental permission to do so.

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