

## ADHD WA ASSESSMENT SERVICE – GENERAL INFORMATION

### PSYCHOMETRIC AND PSYCHOEDUCATIONAL TESTING

The ADHD WA Assessment Service is a psychometric assessment service for young people aged 6-16. Elena Trethowan, Provisional Psychologist, will be available to conduct cognitive and educational and assessments for ADHD WA members.

Psychometric assessment is usually requested by parents to identify a young person's cognitive strengths and weaknesses. Psychoeducational testing for children and adolescents aims to assess intelligence, academic skills, attention, executive functioning memory and adaptive skills. All information gathered remains confidential.

Gaining a better understanding of a young person's strengths and weaknesses and learning capacities, in combination with a comprehensive developmental history (parent interview), allows the psychologist to provide practical recommendations to address issues and identify interventions that are specific to the young person's needs. This information may be used to assist in further psychological or medical assessment (such as assessment for ADHD) or in the development of individualised learning or curriculum adjustment plans with your child's school. All assessments include a report for parents containing assessment results and recommendations for intervention which may then be shared with educators or health professionals.

**Please note:** psychometric or psychoeducational testing does not guarantee that a young person will receive a diagnosis or that the young person will qualify for special education provisions, including the provision of special examination arrangements.

### THE ADHD WA TESTING SERVICE PROVIDES THREE TYPES OF ASSESSMENT:

1. **Cognitive (IQ) assessments** are used to develop an understanding of a child's learning capability, including their relative cognitive strengths and weaknesses.
2. **Psychometric assessments** include cognitive assessment and additional assessment of attention, memory and executive function.
3. **Educational assessments** provide information about a child's academic ability over a range of skill domains, including language, reading, comprehension, written expression and mathematics.

**Cognitive Assessment:** Cognitive assessment is designed to measure the child's overall intellectual ability (IQ).

**This assessment package includes:**

- Approximately 90 minutes of face-to-face testing
- Post-test scoring, interpretation and report preparation
- A 30-minute parent feedback session to discuss the results and recommendations.

A cognitive assessment is most suitable for those clients wishing to explore the possibility of an intellectual disability or intellectual giftedness.

**Psychometric Assessment:** This assessment includes cognitive assessment and additional testing designed to evaluate attention difficulties or executive functioning delays.

**This assessment package includes:**

- Up to 2 hours of face-to-face testing (and includes a measure of intelligence plus additional cognitive tests as required)
- Post-test scoring, interpretation and report preparation,
- A 30-minute parent feedback session to discuss the results and recommendations.

Psychometric assessment is most suitable for clients wishing to explore the possibility of ADHD or executive functioning difficulties.

**Psycho-educational Assessment:** This assessment is designed to evaluate a child's cognitive and academic profile

**This assessment package includes:**

- Up to 4 hours of face-to-face testing (includes a measure of intelligence, in addition to a series of academic and cognitive tasks),
- Post-test scoring, interpretation and report preparation,
- A 30-minute parent feedback session to discuss the results and recommendations.

This assessment type is most suitable for clients wishing to explore the possibility of a specific learning disorder, academic giftedness, or in any situation where a more comprehensive assessment of learning is required.

## PARENT INTERVIEW

Prior to assessment, the parents of the young person to be assessed are required to attend a 60-minute parent interview. The purpose of this interview is to obtain a comprehensive overview of the young person's developmental, medical, educational and social history. Parents are encouraged to bring with them any documents (school reports, NAPLAN results, letters from educators, medical practitioners, psychologists or other allied health professionals) that they feel might be relevant.

Parents will be provided with a copy of the informed consent form which must be read before attending the parent interview. The psychologist will go through the information contained in the form with parents during the interview. Parents will also be provided with a new client form, prior to the interview, which should be filled in and brought to the interview.

At this interview, parents will be provided with additional forms to be filled out by them, and often their child's teacher. Forms are required to be returned prior to the commencement of assessment.

## ASSESSMENT

The assessment session is likely to be between 1.5 and 5 hours duration, depending on the number and type of assessment provided. If the child becomes fatigued, or if determined to be necessary by the assessor, assessment may be split over two mornings (on either a Thursday or Friday).

It is encouraged that children bring with them snacks and a drink bottle they can have during breaks in assessment.

Parents are required to remain, either on The Niche premises if the psychologist requests they do so, or in close proximity to the ADHD WA office throughout the session, to remain immediately reachable by phone, and return five minutes before the session ends. A parent or legal guardian may determine that the young person is of an age and maturity sufficient to be left unsupervised before or after a session; however, the parent or legal guardian assumes responsibility for the young person's safety.

Accounts for assessment must be finalised at the time of assessment.

## PARENT FEEDBACK INTERVIEW

Once your account has been finalised, you will be contacted to arrange a 30-minute parent feedback session. In this session, the psychologist will go through the results of your child's assessment with you, outline any recommendations that may apply, and will provide you with a copy of the assessment report. Parents may request that the report be e-mailed to other parents, health practitioners or your child's school. Reports will not be shared with third parties without the consent of the parents/legal guardians.