

Neurodevelopmental Service

Cognitive Assessment Guide

WHAT IS A COGNITIVE ASSESSMENT?

- It helps us understand what you might be finding difficult at school.
- We'll do some different activities that involve patterns, shapes, letters, numbers, problem-solving.
- We can also talk about school and you can talk about what you enjoy and what you find hard.
- You will need to listen and think quite a lot, afterwards you might feel quite tired.
- Make sure that you take time to rest afterwards.



WHAT HAPPENS ON THE DAY?

- We will meet you in the waiting room, we will then go to a clinic room.
- We won't wear uniforms.
- We are friendly 😊
- We know you might feel nervous; we will talk to you at the start to try to help you feel more comfortable.
- There will be fidget toys for you to use.
- If you don't want to do something you can tell us.
- We will do some writing during the activities, this helps us remember.
- We can have breaks .



WHAT CAN I BRING TO THE ASSESSMENT?

If you want to you can bring:

- a drink and some snacks.
- your own fidget toys or things that help you concentrate.
- something important to you that you want to show us like a favourite object or item



If you wear glasses please bring these with you.

If you have any other support aids please bring these.

WHO CAN COME TO THE ASSESSMENT?

- Your parent/carer will come to the appointment with you.
- Your parent/carer can stay with you for the assessment.



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THINGS TO THINK ABOUT BEFORE THE APPOINTMENT:

- What you like doing at school.
- What you find hard at school.
- What things help you at school.
- Any worries you have about school.



Everybody learns differently. Everybody has things that they are good at and other things that they find harder.

Some people need a little bit of help at school and some people need more help.

Some people learn better when doing something practical like cooking, rather than reading and writing.

Some people need more help with understanding other people and doing some activities, some of these people might have a diagnosis of a Learning Disability (LD).

