

How do I contact the Service?

If you have any further enquiries please feel free to contact us, either in writing or by telephone and ask to speak to one of the Psychologists from the Service for Older People.

Address

VICTORIA UNIT
St Ann's Hospital
St Ann's Road
Tottenham
London
N15 3TH

Telephone:

(020) 8702 6300

We welcome your comments and feedback on our service. Please feel free to contact us directly or you can write to:

Ms Fola Adewumi-Adeshina.
Service Manager
Haringey Mental Health Services for
Older People

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Haringey Psychology Service For Older People

Information Leaflet For Neuropsychological Assessment



What is neuropsychological assessment?

Neuropsychological assessment refers to a series of tests which are carried out in order to look in detail at memory, concentration and other thinking skills. The test results show areas of strength and weakness.

Why would I be asked to do the assessment?

People are most commonly invited to do these assessments if concerns have been raised about their memory or their ability to manage daily tasks as well as usual. This in-depth assessment would usually follow a routine clinic appointment in which it was agreed further information was needed.

There can be different reasons why people experience memory or thinking difficulties, including stress, physical health or mental health problems such as anxiety or depression. Certain kinds of memory problems may be caused by changes in the brain.

The assessment can establish if your memory and thinking abilities are at the level that we would expect for you. If there do appear to have been changes in your memory or other abilities, the results can help us to work out what the cause may be. The tests can also help us track change over time so if you are still concerned about

possible changes in future, we can repeat the tests and compare the results.

What do I have to do during the assessment?

Your first meeting will be with a Psychologist who will want to find out from you about your recent difficulties and background. The reasons for testing will be discussed with you and if you decide to go ahead, further sessions will be arranged for this.

The tests that we invite you to do are mostly based on pencil and paper questions and activities. You will be asked to do a lot of different things in the assessment, for example, reading, writing, drawing and remembering things.

Some of the questions in the tests are easy and some are more demanding. The testing can be tiring in and we will try to pace it to suit you. We would usually see you for several appointments, with each one lasting for about one hour.

What are the advantages of doing the assessment?

The assessment can help to answer questions about whether there have been changes in your memory or other thinking abilities. If there have been changes then the results can help health professionals find out the likely cause of the changes.

The results may contribute to you being given a diagnosis. This means that you can be informed if there is any treatment which may help so that you can make decisions about this. It can also help you and your family plan for the future.

What are the disadvantages of doing the assessment?

The assessment can be quite tiring and can take a lot of time. Some people enjoy the experience but others can feel anxious about it. Similarly, people may feel differently about the results; some people welcome information about a likely diagnosis, whereas others say they would prefer not to know. We will talk through the pros and cons of testing with you very carefully before you begin. We will check whether you agree to go ahead, and if you choose not to, we will write back to your doctor to let them know your decision.

What happens after?

Once the assessments are completed, we will meet with you to discuss the results. We will provide a written report for you. You are welcome to invite a relative, carer or friend to join you for this meeting. We will also provide a technical report for your doctor who may want to see you again to discuss the findings.

If the results are not clear we may recommend repeating the tests in the future.