

# **Developmental Pediatrics and Rehabilitation Program**

**Ron Joyce Children's Health Centre**

## **Psychological Assessment Information Sheet**

Please review this information sheet that describes a psychological assessment.

The psychometrist or psychologist will also review this information with you and answer any questions you may have. You can then decide if you would like your child to have a psychological assessment.

## **Why does my child need a psychological assessment?**

Your child's doctor or clinician recommended that your child have a psychological assessment. The results of the assessment will help you and the doctor or clinician:

- understand your child's cognitive (intellectual) abilities and daily life skills
- understand your child's strengths and areas of need
- plan the services and support that will best meet your child's needs at home and at school

## **Who will do the assessment?**

A psychologist and/or psychometrist will complete your child's psychological assessment. The psychometrist works under the supervision of the psychologist.

## **What is involved in a psychological assessment?**

A psychological assessment is conducted with you and your child.

A psychologist or psychometrist will:

- review the referral information from your child's doctor or clinician
  - gather information from you and your child
  - observe you, your child and family
  - gather information from your child's teacher
  - complete psychometric tests
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## What do you need to do?

As a parent or guardian, your contribution to the assessment is very important.

Here is how you can take part.

### 1. Share information about your child and family.

- Fill out forms and answer questions to provide information about your child and family.
- Allow the psychologist or psychometrist to observe your child and family, and the interaction between you and your child.

### 2. Ask questions and give your views.

- Feel free to ask the psychologist or psychometrist questions at any time.
- Let the psychologist or psychometrist know what you expect from the assessment.

### 3. Give forms to your child's teacher.

- Your child's teacher can provide valuable information about your child's skills and behaviour at school.
- The psychologist or psychometrist may wish to talk to your child's teacher. This requires your permission, so he or she will ask you to sign a consent form.

## What happens to the personal information collected?

We will protect the privacy and confidentiality of the information we collect about your child and family, except for certain situations such as harm to self and/or others.

For more information about the hospital's privacy practices:

- Read our Statement of Information Practices at Hamilton Health Sciences
- Call the Chief Privacy Officer at 905-521-2100, ext. 75122 or e-mail [privacy@hhsc.ca](mailto:privacy@hhsc.ca)

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## What are the results?

You will get a report of your child’s psychological assessment from the psychologist or psychometrist. The results will be discussed with you in a feedback meeting. If you have questions after reading the final report, you may ask for another meeting.

<b>The Psychological Assessment Report includes:</b>	
<b>Observations</b>	<p>What was learned from observing your:</p> <ul style="list-style-type: none"> <li>• child and family</li> <li>• interaction with your child</li> </ul>
<b>Psychometric test results</b>	<p>What the tests show about your child’s:</p> <ul style="list-style-type: none"> <li>• cognitive ability or developmental level</li> <li>• learning and language skills</li> <li>• areas of strengths and areas of weakness</li> <li>• progress and gains from any previous assessments</li> </ul>
<b>Parent’s and teacher’s information</b>	<p>What was learned about:</p> <ul style="list-style-type: none"> <li>• how your child interacts with others, expresses emotions and behaves</li> <li>• your child’s daily life skills and cognitive skills</li> </ul>
<b>Diagnosis</b>	<p>Your child’s diagnosis, based on all the results of assessment. The diagnosis may identify:</p> <ul style="list-style-type: none"> <li>• an intellectual disability</li> <li>• a learning disability</li> <li>• other possible mental health concerns, such as anxiety</li> </ul>
<b>Recommendations</b>	<p>Suggestions and ideas about what to do. This may include:</p> <ul style="list-style-type: none"> <li>• Activities to encourage your child’s skills in thinking, learning and language.</li> <li>• Activities to encourage your child’s daily life skills and learning to take care of him/herself.</li> <li>• Recommendation for other services, such as occupational therapy or speech-language therapy.</li> </ul>