



EMPOWR

- Health Collective -

Connection. Growth. Mental Health Care.



Cognitive Assessments



Understanding how individuals think,
learn and solve problems



WHEN TO CONSIDER AN ASSESSMENT

- Learning or academic difficulties
- Memory or processing challenges
- Developmental or school concerns
- Clarifying diagnoses
- Supporting school planning



WHY SEEK AN ASSESSMENT

- Understand strengths and challenges
- Identify learning needs
- Support tailored strategies
- Inform school and home supports
- Guide future planning



WHATS INVOLVED

- Initial Appointment
- Personalised Assessment Plan
- Assessment Sessions (tailored to your needs)
- Feedback session and written report



OUR APPROACH

We take a clear, supportive and individualised approach.

We translate results into practical strategies that support learning, growth and confidence.

Come chat with us today



02 4071 9390



www.empowr.com.au



Nelson Bay | Port Stephens



HOW YOU CAN ACCESS SUPPORT

Medicare | Private

Empowering your wellbeing...Inspiring your growth

Understanding your Cognitive Assessment

A guide for children, teenagers, adults and their families

Choosing to have a Cognitive Assessment is an important step, and it's normal to have questions. At Empowr, we believe assessment is about understanding the whole person, not simply completing tests. Our goal is to understand how you or your child thinks, learns and solves problems so we can provide practical recommendations that make everyday life easier.

Your Assessment Journey

Stage	What happens
Initial Enquiry	We'll talk with you about your concerns and whether a Cognitive Assessment is the right next step.
Initial Appointment	Your psychologist will spend time understanding your concerns, background and goals.
Your Assessment Plan	Following the initial appointment, your psychologist develops an individual Assessment Plan tailored to your referral questions.
Assessment Sessions	Assessment activities are selected specifically for you or your child.
Report	A comprehensive report explains strengths, challenges and practical recommendations.
Feedback	We'll discuss the results together and answer your questions.

Every assessment is personalised

Rather than fitting people into a standard package, we tailor your assessment to answer the questions that matter most to you and/or your family

Questions?

Please email contact@empowr.com.au or call 02 4071 9390
to discuss availability, suitability and next steps



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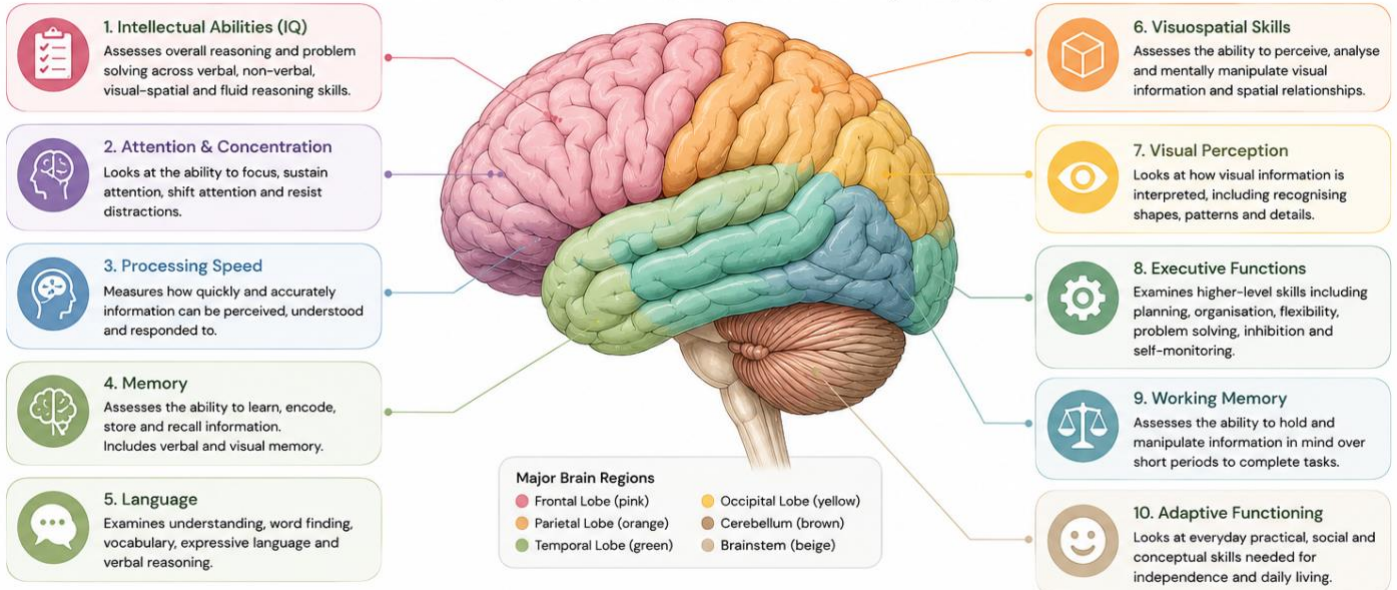
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Cognitive Assessment

Different Functions of the Brain

Cognitive assessments look at many different thinking skills.
These skills help us learn, remember, solve problems and manage everyday life.

Everyone's brain is unique. We all have different strengths and challenges.



Why assess these skills?

Understanding how these areas are working together helps us identify strengths and challenges, explain learning or behavioural difficulties and provide recommendations for support at home, school or in the workplace.

Assessment is tailored

Your psychologist will choose the most appropriate assessments based on your concerns, goals and the referral questions.



Frequently Asked Questions

How long does the assessment take?

Most assessments are completed over several appointments. Your psychologist will discuss the expected timeline after your Initial Appointment.

Will I receive a report?

Yes. You'll receive a comprehensive written report explaining the findings and recommendations.

Can I ask questions during the assessment?

Absolutely. We encourage questions throughout the process.

Is every assessment the same?

No. Every assessment is tailored to the individual through an Assessment Plan.

Can the report help with school, study or work supports?

Yes. Where appropriate, recommendations can support practical adjustments and planning.

Cognitive Assessment Fee Guide

Understanding Fees & Funding

Every Cognitive Assessment at Empowr is tailored to the individual. Following your Initial Appointment, your psychologist will prepare an Assessment Plan and provide a personalised quotation before any further assessment appointments are confirmed.

Common Cognitive Assessment Pathways

Every cognitive assessment begins with an initial appointment, where your psychologist will discuss your concerns and develop an individual Assessment Plan. The pathways below are examples of the most common assessment journeys and provide a guide to typical fees.

Assessment Pathway	Typical Investment
Cognitive Assessment Provides an understanding of how an individual thinks, reasons, remembers, processes information and solves problems. Suitable when the goal is to understand overall cognitive strengths and challenges, learning potential, memory and attention, processing speed and problem-solving abilities. It often assists with educational planning, understanding learning needs and informing recommendations for home, school or the workplace.	From \$2200
Cognitive & Learning Assessment This pathway combines a Cognitive Assessment with an assessment of academic achievement. It is commonly recommended when there are concerns about reading, spelling, writing and mathematics, specific learning disorders (e.g. dyslexia or dyscalculia), understanding the relationship between learning ability and academic performance. This assessment helps identify learning strengths and areas requiring support, together with practical recommendations for education.	From \$2800 - \$3600
Comprehensive Cognitive Assessment This tailored assessment is designed for individuals with more complex referral questions. Depending on your Assessment Plan, this may include additional assessment of executive functioning, adaptive behaviour or emotional functioning, attention or other clinically relevant areas. This pathway provides a detailed understanding of functioning across multiple domains and is often recommended where several referral questions need to be answered, or more comprehensive recommendations are required.	Up to \$4800+

Every assessment is unique. Following your initial appointment your psychologist will develop an **Assessment Plan** outlining the recommended assessment components, expected timeframe and a personalised quotation before any further appointments are booked.

Funding Options



Funding	Available
Medicare (where eligible)	Yes
NDIS (where eligible e.g. FCA)	Yes
Private Health	Depends on Policy

Payment Schedule

Stage	Payment
Initial Appointment	Deposit required to confirm appointment
Assessment Plan & Service Agreement (quote)	Provided after the initial appointment
Assessment Appointments	Invoice/payable as appointments occur
Report	Released once final invoice has been paid

Frequently Asked Questions

Do I have to pay everything up front?

No. Assessments are invoiced progressively

Can the quote change?

If additional assessment is recommended, this will always be discussed with you before proceeding.

When will I receive my report?

Usually within 2-4 weeks of the final assessment session, depending on complexity or within 10 days after your feedback appointment.

Questions?

Please email contact@empowr.com.au or call 02 4071 9390
to discuss availability, suitability and next steps

Preparing for your Cognitive Assessment

Helping you feel prepared and confident for your upcoming assessment

Thank you for choosing Empowr Health Collective. Our goal is to provide a calm, supportive environment where you or your child can do your best. There are no pass or fail results.

Before Your Appointment

- Get a good night's sleep
- Eat before arriving
- Drink water
- Take prescribed medication unless advised otherwise
- Bring glasses/hearing aids
- Wear comfortable clothing
- Arrive 5–10 minutes early

What to Bring

- Previous allied health reports
- School reports
- Medical information
- Medication list
- Completed questionnaires
- Water bottle and snack

During the Assessment

Most appointments last 60–90 minutes. Your psychologist will explain each activity and breaks are encouraged whenever needed.

Remember

There is no need to prepare or practice beforehand. Cognitive assessments aren't something you can study for. Simply come well rested, comfortable and ready to do your best.

After the Assessment

Stage	What happens
Report Preparation	Your psychologist prepares your report
Feedback Appointment	Results and recommendations are discussed
Final Report	Your report is provided after your feedback