

Cognitive Assessment Process

Information for Parents and Caregivers

What to Expect

We provide a range of Cognitive assessments for:

2.5years – 7years:	WPPSI
6years, 11mths – 16years:	WISC
4years – 50years 11mths:	WIAT
17years – 90years:	WAIS

The assessment process is thorough and may involve multiple appointments, case conferences with teachers, family members or discussions with other professionals. This ensures a comprehensive evaluation, ruling out other potential contributors for learning and cognitive difficulties, and confirming diagnosis with confidence.

A cognitive assessment helps us understand how you / your child thinks, learns, remembers, and solves problems. It can assist in identifying learning or developmental differences, support diagnostic clarification (e.g., intellectual disability and learning disorders), and inform tailored support at home, work and school. This handout outlines each step of the assessment process, what to expect at each session, and what happens if your child is unable to complete the assessment as planned.

Benefits of Cognitive Assessments

A cognitive assessment may be recommended when there are concerns about:

- Learning difficulties or poor academic performance
- Behaviour or emotional challenges
- Attention and memory issues
- Organisational difficulties or a slow pace
- Possible developmental or learning diagnoses

The information gathered helps families, schools, and health professionals make informed decisions about how to best support you or your child.

How to Explain the Assessment to Your Child

Children respond best when the assessment is described as a series of activities or games, rather than a “test.” It’s helpful to use clear, reassuring language that matches your child’s developmental level.

You might say:

- *“You’re going to meet someone who wants to learn about how your brain works and how you learn best.”*
- *“You’ll be doing things like puzzles, memory games, and answering questions. Some parts might feel easy and some might feel tricky—that’s okay. Just try your best.”*
- *“There’s no pass or fail, and you won’t get in trouble. The goal is to understand how you think and solve problems.”*
- *“The psychologist is doing this so your teachers and support staff can understand how to help you learn more easily.”*

- *“This might help us make changes at school or home to support you better.”*

What to Do Before the Appointment

- Ensure you/ your child gets a good night's sleep before the assessment.
- Hunger can affect focus and energy levels, so make sure you/ your child has eaten before the session.
- Please ensure any regular prescribed medication (e.g., for ADHD) is taken as usual.
- Dress in soft and comfortable clothing, particularly if there are any sensory sensitivities.
- Reassure yourself / your child that there is no need to “do well” or worry about right or wrong answers—the aim is simply to learn more about them.
- Bring any glasses, hearing aids, or assistive devices typically used.
- Avoid using electronic devices in the waiting room before the assessment, as this can sometimes make it harder for your child to transition into the assessment and can increase anxiety or overstimulation.

The Assessment Process

Booking Your Assessment:

1. When you call to book the assessment appointments, **you will be required to pay a deposit of the first appointment fee in full, to secure your assessment appointment dates.**
2. An email will then be sent to you with instructions regarding the assessment process, along with an intake questionnaire and consent form. You will need to complete these documents and provide contact details of people in your / your child's life (e.g. teachers, carers, supervisors, service providers) that can assist with providing information as part of the assessment process.
3. Once we have received this information, we will ask you/parent/carers to complete questionnaires, rating scales and documentation or request input from other people involved in your/ your child's care (with your consent):
 - Rating scales completed by caregivers/teachers
 - Documentation e.g. school reports, prior assessments
 - These questionnaires will predominantly be sent electronically for you to complete online
4. Please note: **All assessment forms and questionnaires MUST be completed and returned before the first appointment can be confirmed.** Once this information has been received, we will send you a confirmation email with details of your appointments.

For Adults:

Depending on your needs, and the purpose of your assessment, we will discuss with you the most relevant assessment structure and requirements with you prior to your appointments.

Appointment 1 – Clinical Consultation (60 minutes)

Appointment 2 – Cognitive Assessment (90 minutes)

Appointment 3 – Adaptive Functional Assessment (Up to 90 minutes) – Needs dependant

Appointment 4 – Feedback and Discussion Session (60 minutes)

For Children:

Appointment 1 – Parent Consultation (60 minutes)

Who attends: Parents or caregivers only

Purpose: To gather background information and tailor the assessment to your child's individual needs.

We'll talk about:

- Concerns raised by you or the school
- Developmental milestones (e.g., walking, talking, toileting)
- Medical and mental health history
- Behaviour, emotional wellbeing, and social functioning
- Current therapy or supports in place
- Family history (e.g., learning or developmental conditions)
- School progress and learning needs
- Cultural and language background

What to bring (if available):

- Recent school reports and NAPLAN results
- Reports from doctors or allied health professionals
- Any previous psychological or educational assessments
- Individual Learning Plans (ILPs) or Behaviour Support Plans (BSPs)

Questionnaires

Following the initial parent consultation, we will ask you, your child's teacher, and—if your child is old enough—your child, to complete a set of online questionnaires. These are a valuable part of the assessment process and help us gather information about your child's behaviour, emotional wellbeing, social skills, sensory preferences, and how they manage everyday tasks at home and school. The questionnaires usually take around 20–30 minutes to complete and provide important insights that support a well-rounded understanding of your child's strengths and challenges.

Appointment 2 – Cognitive Assessment (90 minutes)

Who attends: Your child

Purpose: To assess general intellectual functioning using the WISC-V (Wechsler Intelligence Scale for Children – Fifth Edition).

What we assess:

- Verbal comprehension: understanding and using language
- Visual-spatial skills: solving visual puzzles
- Fluid reasoning: solving new problems
- Working memory: holding and using information in mind
- Processing speed: completing tasks quickly and accurately

Why it matters:

This helps us understand how your child thinks, learns, and solves problems. It shows us their strengths as well as areas where they might need some extra help. These results can help explain why your child may be finding certain things harder at school or at home. Most importantly, the information we gather helps us make clear, practical recommendations to support your child.

Appointment 3 – Academic Assessment (Up to 90 minutes)

Who attends: Your child

Purpose: To assess academic achievement using the WIAT-III (Wechsler Individual Achievement Test – Third Edition).

What we assess: Depending on concerns, we may assess:

- Reading (decoding and comprehension)
- Writing (spelling and written expression)
- Oral language
- Mathematics

Why it matters:

The WIAT-III helps us understand how your child is performing at school in areas like reading, writing, and maths. It shows whether your child is learning at the expected level for their age and whether they might have a specific learning difficulty. This assessment also helps us see if there's a gap between your child's potential (what they're capable of) and their current school performance. This information is important for understanding your child's learning needs and for planning the right support at school and home.

Appointment 4 – Feedback and Discussion Session (60 minutes)

Who attends: Parents or caregivers only

Purpose: To discuss the results in clear, easy-to-understand language.

What we'll cover:

- Summary of your child's cognitive and academic profile
- Key findings from the assessment
- How results relate to your concerns and your child's daily functioning
- Initial support strategies and next steps
- Time for questions and discussion

Please note: The formal written report is not provided during this session. You will receive a comprehensive report approximately 2–4 weeks later. This report includes test scores, interpretations, and tailored recommendations for home, school, and other settings.

On the day.... What If Things Don't Go to Plan?

We understand that children can have off days, feel anxious, or find assessments tiring. If your child is unwell, upset, or unable to complete tasks:

- We will always prioritise your child's wellbeing and comfort.
- Breaks are provided as needed, and assessments are made as engaging and child friendly as possible.
- If your child is unable to complete a session, we may reschedule or adjust the assessment plan.
- You will be kept informed throughout, and no decisions will be made without your input.
- At times, a parent or caregiver may be invited to stay in the room during the assessment to provide emotional support and reassurance. However, it's important that they do not assist with answering any of the assessment tasks.

Regardless of what happens, we will work flexibly and compassionately to ensure your child's experience is safe, respectful, and supportive.

Have Questions?

Please don't hesitate to contact us if you have any questions or concerns before, during, or after the assessment process. We are here to help guide and support your family through this process.

Assessment Costs

Payments are typically made in five instalments over four appointments. The assessment is conducted at our practice. Additional sessions or case conferences may be required depending on complex cases, these are billed at \$222.30 per hour.

General Registered Psychologist

Session	Cost / Fee Payable	Rebates	Out of Pocket
Appt 1 – Clinical Interview	\$460.00	\$98.95	\$361.05
Appt 2 – Cog Assessment	\$460.00	NA	\$460.00
Appt 3 – Functional Assessment	\$460.00	NA	\$460.00
Appt 4 – Feedback & Discussion	\$460.00	\$98.95	\$361.05
Report Writing – <i>fee on completion</i>	\$460.00	NA	\$460.00
Total	\$2300.00	\$197.90	\$2102.10

Provisional Registered Psychologist

Session	Cost / Fee Payable
Appt 1 – Clinical Interview	\$265.00
Appt 2 – Cog Assessment	\$265.00
Appt 3 – Functional Assessment	\$265.00
Appt 4 – Feedback & Discussion	\$265.00
Report Writing – <i>fee on completion</i>	\$265.00
Total	\$1325.00

Fee Transparency Statement

At Empowr Health Collective, we believe in clear and transparent pricing so that you know exactly what you are paying for.

How Assessment Fees Are Calculated

Our assessment fees are based on:

- **Total duration of time required:** this includes direct assessment sessions, scoring, interpretation, report writing, and feedback.
- **Hourly rate of the clinician:** fees differ depending on whether your assessment is completed by a fully registered psychologist or a provisional psychologist.
- **Survey and materials cost:** this covers the use of evidence-based, standardised questionnaires used as part of the assessment process.

Typical Assessment Durations

The time required for an assessment depends on the type of assessment being completed:

12 hours	Autism Spectrum Disorder (ASD) Assessment
10 hours	Attention Deficit Hyperactivity Disorder (ADHD) Assessment
10 hours	Cognitive Assessment
9 hours	Functional Capacity Assessment

Hourly Rates

\$222.30 per hour	General Psychologist
\$125.56 per hour	Provisional Psychologist: <i>This rate is calculated to reflect the gap between the Medicare rebate and the full hourly rate for a registered psychologist.</i>

Payment Process

- The **total assessment cost is divided evenly into four instalments**, payable across the assessment process.
- **Medicare rebates will be applied where applicable**, provided the correct referral type has been supplied (Mental Health Care Plan [MHCP] or Complex Neurodevelopmental Disorder [CND] referral).

Why Rates Differ

- **General Psychologist:** Fully registered psychologists have completed all professional training and hold general registration with the Psychology Board of Australia.
- **Provisional Psychologist:** Provisional psychologists are completing their final stage of training under supervision. To make services more affordable, we apply a reduced hourly rate.

What's Included in Your Fee

Your investment covers more than just the time spent face-to-face. It includes:

- Clinical interviews and assessment sessions
- Administration and scoring of assessment tools
- Evidence-based questionnaires (survey cost)
- Detailed analysis and interpretation
- Report writing
- Feedback session to explain results and recommendations

Please Email contact@empowr.com.au to arrange a Cognitive assessment for yourself or your child. We look forward to providing you or your child, support and an improved and individualised learning development program.

Empowering your Wellbeing . . . Inspiring your growth