

Psychological Evaluation Appointment Preparation Checklist

Advanced Cognitive Health

Preparing for Your Psychological Evaluation

A psychological evaluation is a comprehensive process designed to better understand an individual's cognitive, emotional, behavioral, and functional strengths and areas of concern. Preparing ahead of time can help ensure that your evaluation is thorough, efficient, and tailored to your specific needs.

Use this checklist to help you prepare for your upcoming appointment.

Before Your Appointment

☐ Complete Required Intake Forms

Please complete any requested paperwork prior to your appointment. Providing accurate and detailed information helps us better understand your concerns, history, and goals for evaluation.

☐ Gather Relevant Records

If available, collect documents that may provide helpful background information, including:

- ☐ Previous psychological or neuropsychological evaluation reports
- ☐ Medical records or relevant medical history
- ☐ Current medication list
- ☐ Therapy or treatment summaries
- ☐ School records, report cards, IEPs, or 504 Plans (if applicable)
- ☐ Academic testing records (if applicable)
- ☐ Workplace, disability, or accommodation documentation (if applicable)
- ☐ Other relevant records or reports

☐ Think About Your Evaluation Goals

Before your appointment, consider:

- What concerns or questions led you to seek an evaluation?
- What changes or challenges have you noticed?
- How do these concerns impact your daily life?

- What would you like to better understand through this evaluation?
 - Are there specific recommendations or supports you are hoping to receive?
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Preparing for Your Appointment

☐ **Get Adequate Rest**

Try to get a good night's sleep before your appointment. Being well-rested can help you feel more comfortable and focused during testing.

☐ **Eat Before Your Appointment**

Consider eating a meal or snack before your evaluation, especially if your appointment is expected to last several hours.

☐ **Wear Comfortable Clothing**

Choose comfortable clothing that allows you to feel relaxed and able to participate fully.

☐ **Plan Your Travel**

Allow enough time to arrive without feeling rushed. Arriving a few minutes early can help reduce stress before your appointment begins.

What to Bring to Your Appointment

- ☐ Photo identification
 - ☐ Insurance information (if applicable)
 - ☐ Completed intake paperwork
 - ☐ Current medication list
 - ☐ Relevant medical, educational, or treatment records
 - ☐ Glasses, hearing aids, or other assistive devices (if applicable)
 - ☐ Any questions or concerns you would like to discuss
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During Your Evaluation

Your evaluation may include:

- ☐ Clinical interview
- ☐ Review of personal, medical, educational, and/or occupational history
- ☐ Standardized psychological assessment measures
- ☐ Behavioral observations
- ☐ Discussion of your concerns, strengths, and goals

Remember:

- There are no “right” or “wrong” answers.
- Psychological testing is not a pass/fail process.
- The goal is to better understand your unique strengths, challenges, and needs.

For Parents or Caregivers (If Applicable)

If you are preparing for a child or adolescent evaluation, consider gathering:

- ☐ Developmental history information
- ☐ Pregnancy and birth history (if available)
- ☐ Early childhood milestones
- ☐ School records and teacher feedback
- ☐ Previous evaluations or diagnoses
- ☐ Information regarding strengths and areas of concern

Questions You May Want to Discuss

Consider bringing questions such as:

- ☐ What areas will this evaluation assess?
- ☐ How will the results help me or my child?
- ☐ When should I expect results and recommendations?
- ☐ What recommendations may be provided?
- ☐ Who should receive a copy of the evaluation report?
- ☐ What are the next steps after the evaluation?

After Your Appointment

Following your evaluation, results will be reviewed and interpreted based on your history, concerns, and assessment findings. Recommendations may be provided to help support your personal, academic, occupational, or treatment goals.

Thank you for taking the time to prepare for your evaluation. Your participation and the information you provide help us develop a comprehensive understanding of your unique experiences, strengths, and needs.

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