

You can write down any questions you have on this page.

This will help you to remember them.



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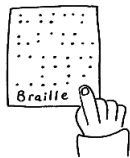
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This leaflet is available in other languages or formats



## Seeing the Psychologist for a Cognitive Assessment



Information for service users and carers

For more information about Cheshire and Wirral Partnership  
NHS Foundation Trust log onto [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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## What is a cognitive assessment?

A psychologist helps people in lots of different ways.

One of the ways they help people is a cognitive assessment.

In a cognitive assessment the psychologist may

Ask you to do some  
jigsaws



Ask you to do some  
puzzles

The psychologist will talk to you and  
your carer about how you have  
done in the assessment.



The psychologist will talk to you and your carer about the  
things that might help you.



The psychologist will write these things  
down in a report for you to take away.

If you have any questions you can contact the person  
who gave you this leaflet.

Or you can contact the psychologist at Eastway.



**01244 364 670**



When you are ready the psychologist will start the assessment.

You can tell the psychologist if you want to stop the assessment.

### What will happen after your appointment

The psychologist will look at what you have done.



The psychologist will contact you by telephone to arrange another appointment.

It is important that you bring your carer with you to the appointment.



Ask you to remember things



Ask you to look at some pictures

This helps the psychologist to find out the things you are really good at and the things that you need some help with.

It also tells the psychologist the best ways that other people can support you.

## Your appointment

The psychologist will get in touch with you by phone or letter to arrange an appointment for your cognitive assessment.



The cognitive assessment can take up to 2 hours.

If this is too long you can do some of the assessment on another day.

You can bring your carer with you to the appointment.

Your carer can help you to tell the psychologist if you have any questions or concerns.



Your carer will need to wait in the waiting room while you do the assessment.

## Things to bring to your appointment

If you wear glasses please bring them with you to the appointment.



If you wear a hearing aid please wear it for your appointment.

## What will happen at your appointment

The psychologist will sit down with you in a room that is private and ask you some questions.



If you have any questions or worries you can ask the psychologist.