



# NEUROPSYCHOLOGICAL ASSESSMENT

Neuropsychology focuses on how the brain influences a person's behaviour, thoughts, and emotions. Neuropsychologists explore how changes in brain function, caused by incidents such as stroke, head trauma, or neurological diseases (e.g. Multiple Sclerosis, Parkinson's disease or dementia), directly influence mental processes. Neuropsychological assessments evaluate cognitive abilities to include, attention, memory, problem solving and language.

Neuropsychological irregularities may be subtle but can have a strong impact on a person's ability to cope with challenging and stressful situations. That is why a comprehensive assessment by a trained neuropsychologist is so important. Afterwards, the most suitable treatment can be chosen.

## Does a neuropsychological assessment make sense for me?

If you are struggling with cognitive impairments, such as memory problems, or attention deficits, and you are unsure as to whether these impairments are "normal" or are a sign of an underlying problem, a neuropsychological assessment will help answer the question. Alternatively, if you are diagnosed with a neurological disease or a brain injury and you feel that your cognitive function may be affected, a neuropsychological assessment is the first step to understanding these problems and planning an appropriate treatment plan.

When discussing your test results with our neuropsychologist, you are going to receive a comprehensive overview of your cognitive strengths and weaknesses as they relate to the difficulties you may be experiencing at home and/or at work. You will also be provided recommendations on how to proceed and explore the therapeutic options available.



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## Components of the Neuropsychological Assessment:

- Intake session - to review background and current concerns
- Testing session - 1-2 hours depending on the testing needed
- Feedback session - discuss findings and recommended next steps
- Written report - impressions, diagnosis (if applicable) and recommendations

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## How to prepare:

- Write down your concerns, and symptoms
- Share any relevant medical documentation: Neurologist reports, previous assessment reports, reports from any investigations (MRI, CT etc..)

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If you have questions please contact  
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