

## How can I prepare?

The length of the neuropsychological evaluation will depend upon the referral question and age. It may last anywhere from 3 to 8 hours and typically includes a lunch break. Therefore, it is always a good idea to check the length of the scheduled appointment to know what to expect.

Try to sleep well and avoid the use of alcohol and marijuana within 24 hours of the evaluation. Have a good breakfast the morning of your evaluation and try to arrive early. You should bring a beverage and lunch or a snack. In addition, there are restaurants nearby. You should also feel free to ask for a break during the evaluation if you feel tired or frustrated.

If you believe you may be uncertain about the history of your difficulties, it may help to bring a family member or another person that can help provide the necessary information. If you have copies of your medical records or previous reports, please bring these. If your child is being evaluated, you should bring school records or documentation describing school difficulties.

## Franklin C. Brown, Ph.D., ABPP Board Certified Neuropsychologist

Dr. Brown has extensive training and experience with patients of all ages who have neurological and/or developmental problems. In addition to this practice, he is the Neuropsychology Section Chief in the Yale Department of Neurology, worked in several other medical centers and private practice, and was a Neuropsychologist Consultant for Landmark College in Putney, VT. He has published numerous articles in the areas of Sleep, Epilepsy, Multiple Sclerosis, ADHD, Learning Disorders, and Obsessive Compulsive Disorder.

Dr. Brown's training includes a two-year fellowship in Clinical Neuropsychology and Neuroimaging at DHMC in Lebanon, NH; an internship at Utah State Hospital with rotations in developmental and adult neuropsychology; specialty coursework at Brigham Young University; and his doctorate from Louisiana Tech University.

For more information please call (860) 661-2089.

# Neuropsychological Evaluations

A Referral and Patient Guide

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## What is a Neuropsychological Evaluation?

It measures a variety of brain functions, such as thinking abilities, emotions, and other brain activities important for a healthy life. Patients, health care providers, and educators are supplied with a report that outlines the person's strengths and limitations along with recommended treatments.

## What is a Clinical Neuropsychologist?

This is a psychologist who specializes in the relationship between brain functioning and thinking abilities, behaviors, and emotions. In addition to the typical doctoral level training and internship of a psychologist, they have also completed a two year fellowship in Clinical Neuropsychology and related coursework.

## Doesn't an MRI provide enough information about my brain?

Actually, an MRI will provide information about whether a brain *appears* physically intact. It will not tell you whether the brain is functioning properly. Some people have thinking problems even though the brain appears intact on an MRI, whereas other brains appear damaged yet may still function properly. A neuropsychological evaluation will tell you whether a brain is functioning correctly and provides suggestions for improving areas of difficulty.

## What exactly will be measured?

The exact tests will depend upon the person's age, physical condition, and referral questions. But most evaluations will measure:

- Attention
- Memory
- Language
- Visual-Spatial Skills
- Impulse Control
- Reasoning Abilities
- General Intelligence
- Academic Skills
- Movement and Senses
- Mood and Personality

## Does this referral indicate that I or my child has brain damage?

A referral does not necessarily mean there is something wrong with you or your child's brain. Some people learn they have normal abilities for their age; whereas others learn important information about their health status, and ways to treat and/or adjust to their difficulties.

## How can a Neuropsychological Evaluation help me?

It can provide vital information for a proper diagnosis. Otherwise, incorrect or poorly timed treatment may be provided. For example, medications for Alzheimer's disease work best when the treatment begins early. The evaluation will also include recommendations to help patients overcome and compensate for some of their difficulties.

## What are some typical reasons that Children may be referred?

Children are often referred when their parents, teachers, or health care providers notice that they do not appear to be acting or thinking in the expected manner for their age. A Neuropsychological Evaluation may be used to explore the possible reason for these difficulties, clarify diagnoses, and provide information about recommended treatments. Common diagnoses or areas of difficulty may include:

- Traumatic Brain Injuries
- Attention Deficit/Hyperactivity Disorder
- Autism, Asperger's and other Developmental Delays
- Lead and other metal poisoning
- Childhood Epilepsy

## What are some typical reasons for Adult Referral?

Adults may be referred for many reasons. A Neuropsychological Evaluation can determine whether such difficulties are normal for the person's age, due to a non-neurological condition, or likely related to a neurological problem. Common adult referrals include:

- Traumatic Brain Injuries
- Epilepsy
- Strokes
- Possible Alzheimer's Disease
- Parkinson's Disease
- Multiple Sclerosis
- Motor Vehicle Accidents
- Unclear Memory Difficulties