

## Contact us

Complex Psychological Interventions (CPI)  
Callington Road Hospital  
Woodside  
Marmalade Lane  
Brislington  
Bristol  
BS4 5BJ

Telephone: 0117 9195680

[www.awp.nhs.uk](http://www.awp.nhs.uk)

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900

Freephone: 0800 073 1778

Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

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Mental Health Partnership

NHS Trust

# Neuropsychological Assessment

Information and advice for people in the  
Bristol area who are referred for a  
neuropsychological assessment

**You matter, we care**

## **What is a neuropsychological assessment?**

This is designed to investigate different aspects of memory, planning and other thinking abilities.

The aim is to identify your strengths and any areas of difficulty you may have.

## **What does it involve?**

The assessment will include some discussion about your memory and your thinking and how you are feeling.

You will be asked to complete a number of tasks.

For example:

- You may be asked to remember a list of words that are read out to you.
- We will give you some pen and paper tasks. Many of the tasks are straightforward, but some may be more challenging.

No one carries out all the tasks correctly. We just ask you to do your best.

Because people do not always show their best abilities the first time they try, there is often more than one task that measures the same ability. So for example we may give you more than one task that measures memory.

Try not to feel anxious about your assessment.

The neuropsychologist who sees you will do their best to put you at ease and answer any queries you have.

The assessment will take about 3-4 hours in total over more than one appointment.

## **The first appointment**

The first meeting will mostly be a discussion of your difficulties and strengths. It is sometimes useful if you can bring along someone who knows you well who can help with this.

Please bring along your reading glasses/hearing aid if used.

## **What will happen after the assessment?**

The neuropsychologist will give you feedback on the results. You can choose to receive this feedback verbally and/or in writing. We will also give you advice on managing any difficulties that are found.