new leaves CLINIC

Instructions for Assessment Day

Before you come

1 **Take your usual medication**
Do not change or skip prescribed medication. This is true even for ADHD testing.

2 **Sleep well the night before**
Not sleeping well affects some testing. Try and help a teen sleep well and eat breakfast.

3 **Bring snacks and water**
Please pack snacks and a water bottle. There is also a 7-Eleven right next door.

4 **Arrive on time**
Plan to begin testing at your arrival time. Come a few minutes early if you need to use the restroom.

5 **Plan for a flexible finish**
Some people are speedy and want to get everything finished. Others need breaks to do well and share all they are thinking. Make your departure flexible by about 30 minutes.

6 **Leave siblings at home**
When interviewing parents it is important that young children not be in the room. If a child can self entertain we have a space with coloring/toys.

Organize your thoughts

Some people prefer to organize their thoughts ahead of time and write them down to share in person. Here are some sites that may help you list your concerns.

- DSM-5 criteria for Autism
- DSM-5 criteria for ADHD
- Symptoms of Social Anxiety
- Sensory Processing Disorder checklist
- Signs of Autism in Women
- Symptoms of Dyslexia
- Symptoms of OCD
- Symptoms of Auditory Processing Disorder

NEURODIVERSITY SPECIALISTS

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What to expect by age

Age	Testing with the client	Interviewing adults
Ages 0–4	• Parents wait in the lobby while the child is assessed nearby. • Many breaks are given.	• Parents are interviewed without the child present. This is often easier by telehealth, so your child can play at home. • If appropriate, having both parents is preferred for an additional perspective.
Grades 1–8	• Depending on your child's comfort, you can wait in the lobby, go for a walk, or come back to pick your child up at lunch. • If testing goes past lunchtime, parents are expected to keep their child company and feed them. Bring a packed lunch or get food nearby (such as Burgerville, Subway or Burger King). This break lets your child's brain rest before more testing.	• Parents are interviewed without the child. This can be in the office or by telehealth. • If appropriate, having both parents is preferred for an additional perspective.
Grades 9–12	• Parents can wait in the lobby or drop off their teen. If your teen drives, you don't need to come. • If testing goes past lunchtime, pack a lunch or get food nearby (such as Burgerville, Subway or Burger King). This is an important break to relax before more testing.	• Parents are interviewed. Having your teen present is often useful, but that is the parent's choice; accurate information matters most. • Your teen will also be interviewed privately for their perspective on most topics. • If appropriate, having both parents is preferred for an additional perspective.
Adults	• Testing is for the person completing the assessment only.	• Even though you are an adult, another perspective is extremely helpful. A parent can share your developmental history, and a spouse or partner can share the challenges they see at home.

You can take a break any time, move or stim, bring a comfort item, and tell us what you need. There is no wrong way to show up here. Our goal is your goal, to be understood and supported.

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