To prepare for your evaluation:

- The patient should attempt to get a full night’s sleep prior to the testing date. The patient is also encouraged to eat breakfast, and bring any snacks or water necessary to be comfortable for several hours.
- The patient is welcome to bring a family member or friend to the appointment, particularly if they have difficulty recalling information about their history. The family member or friend is welcome to attend the interview and feedback sessions of the evaluation, but will not be able to accompany the patient while testing occurs.
- The patient should bring any devices (e.g. hearing aids, reading glasses) necessary to read and view materials.
- The patient should bring a list of all current medications and herbal supplements, as well as the dosages.
- The patient should also bring previous relevant records. This may include previous neuropsychological evaluations and educational testing, as well as any neurodiagnostic testing (e.g. CT or MRI scans of the brain) if they were completed at another medical facility. The patient may wish to make arrangements ahead of time to have these documents delivered to the clinic.
- It is important that the patient refrain from using alcohol, illicit substances, and medications that can alter cognition, prior to and during the evaluation, as they can interfere with cognitive functioning and the ability to participate in testing. Please contact the clinic prior to your appointment if you have questions regarding this matter.
- Most importantly, patients should not worry about studying for, or “failing” the evaluation. For many tests, there are no “right” or “wrong” answers. The evaluation is intended to assess each individual's true functional level, and this is always conducted in a respectful, non-judgmental environment.