

Developmental & Neurodevelopmental Assessments for Under 5s

A Client Guide To The Process



INSIGHTS
— PSYCHOLOGY — DMCC



WE CELEBRATE DIFFERENCES

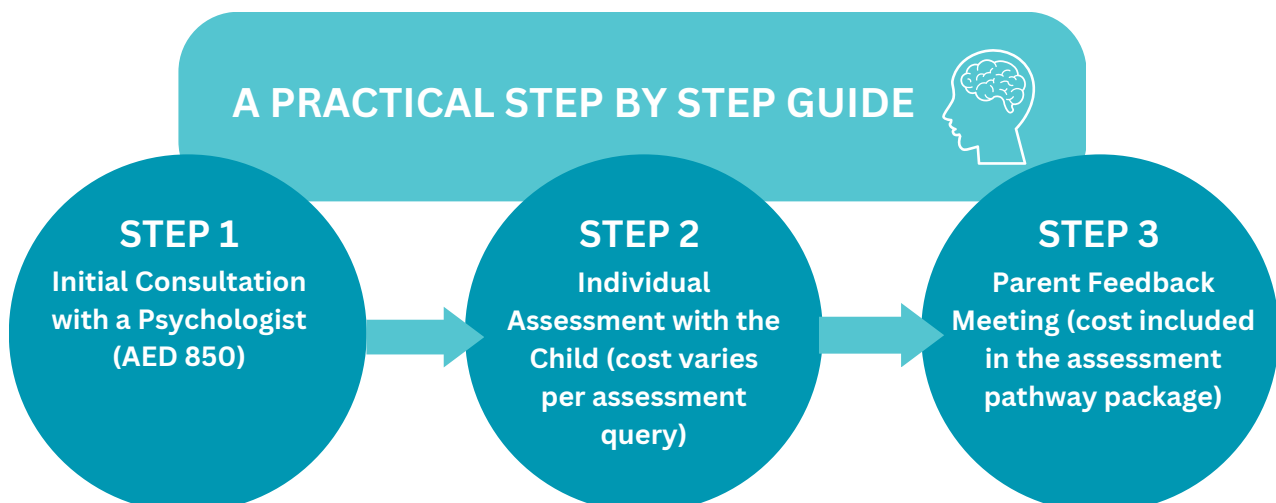
Thank you for contacting Insights Psychology for an assessment for your child. At Insights, we have a **dedicated team for the ‘under 5s’**, who specialise in conducting Neurodevelopmental Assessments for young children. Neurodevelopmental differences are variations in a person’s brain style that may result in distinct strengths and challenges that impact how a person experiences the world.

We know that early intervention is key to supporting a child’s longitudinal outcomes. That’s why, when a young child presents with developmental delays, dysregulation or distinct ways of interacting with the world, we prefer to assess as early as we can.

Assessing a child in the early years means that Parents, Teachers, and Therapists can be better equipped, as early as possible, to support a child’s needs during a very important time in their development. Neurodevelopmental Assessments for children act as proactive tools, **empowering parents and caregivers** to effectively participate in their child's growth journey. An assessment can pave the way for a future where every child can **thrive and reach their fullest potential**.

When we have a reliable picture of your child’s needs, this information can support and inform:

- ➔ Identifying **developmental therapies** or therapy approaches that may be suitable for your child.
- ➔ Understanding your child’s needs so that you can feel equipped to **build positive and affirming attachments with them**.
- ➔ Considering the types of **school placements** that may support your child’s development and well-being.
- ➔ Making adjustments for your child in order to **support behavioural, emotional and sensory regulation**.



STEP 1:

Step 1: Initial Consultation with a Psychologist (AED 850)



Book a consultation and fill out the pre-consult documents. Confirm with the Insights team if you are happy for us to contact your child's nursery, school, referring doctor, or therapist to gather collateral information ahead of the parent consultation (ideally 2 weeks ahead of your consultation date). Confirm your appointment by adding your card details on the online booking system, Fresha one week ahead of your planned appointment.

At the consultation, the Psychologist will gain vital information about your child including their strengths, any concerns you may have, any relevant personal family circumstance, and developmental history that may help inform the best assessment pathway for your child.

You will be charged for the appointment on the day of the consultation, and a claim form can be supplied alongside your receipt if you wish to claim your consultation on your health insurance.

After this appointment, if your child is an appropriate candidate for one of our assessment pathways, the Psychologist will supply a referral letter regarding their suggested testing pathway. Submit the Psychologist's referral letter and quote to your health insurance company to seek preapproval for your child's Developmental Assessment or Neurodevelopmental Assessment before commencing further services. Insurance coverage varies significantly, and some companies may need the assessment to be recommended by a medical doctor to guarantee coverage.

Step 2:

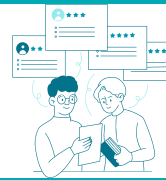
Individual Assessment with the Child (cost varies per assessment query)



When an assessment pathway has been agreed upon, you can confirm your appointment by adding your card details to the online booking system, Fresha.

Insights pathways for assessment have been developed using the gold standard, up-to-date tests that are based on international research. The tests are conducted by a qualified **multi-disciplinary team** where appropriate. All pathways include individual work with the child and other additional opportunities to collect information about your child, such as parent and teacher surveys regarding the child's typical presentation at home or nursery/school. Although pathways are always personalised for your child's needs, typical and possible assessment pathways are outlined at the end of this document for your reference.

Step 3: Feedback Meeting



A parent feedback meeting is included in every assessment pathway. During that meeting, the professional leading your child's assessment will discuss the findings and any follow-up support that your child may benefit from. Although you will receive an automatic receipt at the time that you pay for the assessment, you will also receive the child's assessment report, detailed insurance receipt, and insurance claim form at this meeting. You can submit a claim with your child's health insurance company for the cost of your child's assessment by submitting the receipt, claim form, and report together. After the feedback meeting, in addition to a detailed report of the results, and if your child attends a school or nursery, the Psychologist can provide a 30-minute complimentary meeting online with your child's teacher to help inform support in the child's education setting.



FREQUENTLY ASKED QUESTIONS



How long does the assessment process take?



From the time of the parent consult, we aim to conduct your child's testing within 10 working days. Some families may experience a delay in starting the testing if they prefer to get confirmation of pre-approval from their health insurance company before proceeding. Scheduling can be more challenging when 2 professionals are required for your child's assessment. **The more flexible and available you can be to bring your child to the clinic if needed, the quicker we will be able to finish the assessment.**

We will always endeavour to be flexible in suggesting times that suit your family's schedule, however, if you are keen for testing to be completed as soon as possible you may need to bring your child to the clinic during school hours or reschedule after school playdates/clubs for that particular day.

The assessments used are designed for use with young children, and they are designed to be completed in one sitting. If the recommended pathway for your child includes multiple assessment queries, you may need to visit the clinic multiple times.

When all the testing is completed and all necessary forms have been returned, the child's report will be ready for a parent feedback meeting within 10 working days. The most common delay in accessing the report or feedback meeting is when parents or teachers forget to fill out forms that are needed to process the child's report. If an assessment team has asked you or your child's teacher to fill out forms as part of the assessment, **it is important that you fill these forms promptly if you are keen to get feedback as soon as possible.** If you need help with this, or if an electronic form link is faulty, please let us know as soon as possible, and we will be happy to assist. With commitment, flexibility and responsiveness from all parties, **the process can be completed within a 4-week period**, from parent consult to parent feedback meeting.

Which assessment pathway will be conducted with my child?



Some neurodevelopmental diagnoses can be assessed reliably in children under 5 years of age. The most common queries at this age tend to be assessments of **general development and/or Autism**. We can also test for other less common queries at this age when appropriate, including **Cognitive and Adaptive Skills Assessments**, queries of **Developmental Language Disorder** and **Developmental Coordination Disorder**.

Whilst it is possible to test for ADHD and/or Specific Learning Disorders (like Dyslexia) in children from the age of 5 onwards, these tend to be less common queries at this age, and it can be advisable to wait until the child is slightly older in order to engage in an effective assessment of these particular needs.

At Insights, the Psychologist will always meet you for consultation as the first step, in order to advise you on the most appropriate assessment pathway for your young child. This allows the Psychologist to understand the child's history, any presenting concerns, family circumstances, and preferences. It also allows you the opportunity to explore and understand the options available to you and your child in order to make an informed decision on how to proceed. This is called '**informed consent**'; when you understand what assessment pathway is being suggested for your child and why.

Who will do the assessment with my child?



The Developmental and Neurodevelopmental Assessments at Insights are conducted by **qualified Psychologists, Occupational Therapists, and Speech and Language Therapists**. We use a holistic full-team approach because that is best practice internationally, and it enriches the information that we can give to you about your child.

In order to establish some clinical diagnoses, multi-disciplinary team input is required by local authorities in the UAE (such as Dubai Health Authority) and by many local authorities internationally if you move abroad (for example, many UK local authorities require a multi-disciplinary assessment for particular diagnoses). **Although all assessment processes start with a Psychologist consultation, other members of the multidisciplinary team may lead testing depending on the query.** Your child's assessment team will always be chosen with your child's needs in mind.

What will the report look like?



The report will include your child's **personal details, strengths/preferences, analysis of the data collected, a definition of your child's clinical diagnosis (if they meet criteria), and follow-up recommendations** including suggestions for your child's daily functioning, mental health and educational needs if appropriate.

All data collected as part of the assessment will also be included in the appendix of the assessment report – your child's developmental history, teacher report, summary of any observations, tables of tests conducted, etc. We do not take requests on how to write our reports, nor do we take requests to amend the clinical findings of a report.

The report is private and confidential for the family, and they can choose to share or not share the report, in full or in-part with other professionals.

Some families request a follow-up summary for specific purposes, for example, a letter to support a visa application for a child's employed carer to travel with them internationally. Follow-up letters like this are chargeable at a regular consultation rate (AED 850).

What happens in the initial consultation?



To get the best value from this meeting, it is important that you fill in the **Child Development Questionnaire and any other forms that have been sent to you** in advance of the meeting. To best advise you of an appropriate pathway, it is important that the Psychologist has a broad understanding of the needs and concerns emerging for your child across multiple settings.

With your permission, it is helpful if the Psychologist has your **consent to collect information from your child's nursery/school team or referring doctor/therapist** in advance of the parent consultation. This allows the Psychologist to determine the most appropriate assessment pathway for your child, **cutting down on unnecessary testing and costs**. It is possible to conduct a parent consultation without information from the nursery/school team, but this can make it difficult for the Psychologist to advise on how to support a child's needs in their educational setting. To this end, nursery/school involvement is entirely voluntary but highly recommended.

During the initial consultation, the Psychologist will discuss the child's history that you have provided in the forms, data collected ahead of the consultation, and any concerns outlined. They may also ask you about your family's personal circumstances, future educational plans for your child, and your hoped outcomes for involvement. Cumulatively this information allows the Psychologist to guide you to which, if any, assessments that may be helpful to conduct with your child. Depending on your circumstances, or on the timing of the involvement, they may suggest delaying testing, referring for developmental therapies, or engaging in some consultative work with your child's school team before revisiting testing at a time that is more appropriate.

At the end of a consultation, the Psychologist will advise you on the best route for you and your family. A report is not provided as part of an initial consultation, but the Psychologist may be able to provide you with a letter to submit to your health insurance company to seek pre-approval for coverage ahead of your assessment. Developmental and Neurodevelopmental assessment pathways at Insights and associated costs are summarised at the end of this document.

What is a Multi-disciplinary Developmental Assessment?



Parents, Pediatricians, teachers or therapists sometimes refer a child for an assessment when they are concerned that a child is not meeting developmental milestones as expected and when they require advice around targeted interventions and appropriate support. Assessing the developmental skills of young children is a specialist skill set, even for paediatric professionals. In order to have the best assessment and advice for you and your child, we use gold standard assessments specialised for under 5's using a multidisciplinary approach. The assessment team is led by a Psychologist, and it is supported by either a specialist Occupational Therapist or a specialist Speech and Language Therapist. That means that **the assessment is conducted with at least two different professionals who focus on different areas of child development**.

What Developmental Assessment tool would be conducted with my child?



At Insights, we use a standardised developmental assessment called the **Griffiths-3**. This tool can be used to assess development in children from birth up to 6 years. Originally developed in the UK, the Griffiths-3 is a 'gold standard assessment' that requires specific training to be a user. That means that in addition to being licensed professionals, our team are also specifically trained and certified to carry out the Griffiths-3 developmental assessment with young children.

What Autism Assessment tool would be conducted with my child?



At Insights, we have access to a wide range of Autism assessment tools that are designed for individual assessment with young children including the **ADOS-2, CARS-2 and MIGDAS-2**. International Autism guidelines suggest that the most reliable assessment of these needs includes one of the above assessments, in combination with a detailed developmental history of your child's needs, and that these assessments should be conducted by a multi-disciplinary team. Our multi-disciplinary assessment team are certified and experienced in delivering all of the above assessments, so they will choose the assessment tool that is most suitable for your child.

What are the typical assessment pathways?



At the time of the parent consultation, the Psychologist will advise you on which, if any, assessment pathway is appropriate for your child. Typically, they will advise you on your child's 'primary query' which means that they will suggest testing for the most likely clinical diagnosis based on the child's developmental history and current presentation. Sometimes however, in order to be able to ascertain a reliable diagnosis for your child, you may be advised to also test for a 'secondary query'. For example, when testing Autism in young children, it may also be helpful to test the child's general development as a comparison measure. The most common 'primary queries' and 'combination queries' are described below.

General Development - Total Cost: AED 8500

Assessor: Psychologist and Speech and Language Therapist or Occupational Therapist (OT).

- Standardised diagnostic questionnaires about symptoms related to the child's developmental skills from parents and teacher.
- Individually administered assessment of general development with the child. Parents are also invited to attend where appropriate (1 hour with 2 professionals)
- Further multidisciplinary interview with parent regarding history of the symptoms (30 minutes with 2 professionals)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)

Autism - Total Cost: AED 8500

Assessor: Psychologist and Speech and Language Therapist or Occupational Therapist (OT)

- Standardised diagnostic questionnaires about symptoms related to Autism from parents and teacher.
- Individually administered assessment of symptoms related to Autism with the child. Parents are also invited to attend where appropriate (1 hour with 2 professionals)
- Further multidisciplinary interview with parent regarding history of the symptoms (30 minutes with 2 professionals)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)

Combination Query: Autism (Primary) and General Development (Secondary) - Total Cost: AED 15,000

Assessor: Psychologist and Speech and Language Therapist or Occupational Therapist (OT); (Wider multi-disciplinary team may also be used)

- Standardised diagnostic questionnaires about symptoms related to Autism from parents and teacher.
- Individually administered assessment of symptoms related to Autism with the child. Parents are also invited to attend where appropriate (1 hour with 2 professionals)
- Further multidisciplinary interview with the parent regarding the history of the symptoms (30 minutes with 2 professionals)
- Individually administered assessment of cognitive skills with the child. (1 hour with 1 professional)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)

Developmental Language Disorder - Total Cost: AED 6000

Assessor: Psychologist and Speech and Language Therapist (SLT)

- Individually administered standardised assessment of cognitive skills (1hour)
- Individually administered standardised assessment of speech and language skills (90 minutes)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)

Assessment pathways continued →

Cognitive Testing - Total Cost: AED 5000

Assessor: Psychologist

- Standardised diagnostic questionnaires about symptoms related to the child's developmental skills from parents and teacher.
- Individually administered standardised assessment of cognitive skills (1 hour)
- Psychological report
- Feedback meeting with parents (1 hour)

Developmental Coordination Disorder (Dyspraxia) - Total Cost: AED 6000

Assessor: Psychologist and Occupational Therapist (OT)

- Individually administered standardised assessment of cognitive skills (1hour)
- Individually administered standardised assessment of motor coordination skills (90 minutes)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)

Supplemental Assessments and/or Cost 'Add-ons'


In addition to the 'primary' queries, 'add on' testing may be suggested for your child, depending on their needs. No additional testing would be conducted without your prior permission.

- Secondary Query Autism Assessment - AED 6500
- Secondary Query Developmental Assessment - AED 6500
- Secondary Query Cognitive & Adaptive Skills Assessment - AED 4000
- Secondary Query Speech and Language Assessment - AED 4000
- Secondary Query Motor Coordination Assessment - AED 4000
- Additional Parent Consultation - AED 850
- Additional Teacher Consultation - AED 850
- Additional School or Community Observation - AED 850
- Follow-up Consultation Letter - AED 850

How can I book a consultation?

If you are interested in a consultation regarding your child's development and/or for a possible Developmental or Neurodevelopmental Assessment, you can contact the Insights main reception. You can share your child's age and some brief information about your child and you would be assigned for consultation with a psychologist that has experience in working with young children. The Insights reception team are available **Monday to Friday from 9 am to 5 pm.**

 Phone/Whatsapp: +971 56 266 0227

 Email: Reception@InsightsPsychology.com

How I can offer feedback about Insights services?



We aim to provide high quality, structured services that meet the needs of neurodivergent people. Your feedback is important to us now, and throughout your journey with Insights. If you would like to offer our clinical team or management team any feedback about this brochure or your ongoing experience with us, you can reach us directly by scanning the QR code below.



We look forward to working with you. Please do not hesitate to reach out to us if you have any questions or concerns.

Follow us on social media for more updates about our services.



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