

**Neurodevelopmental  
Assessments  
School Age Children (5-17)**

*A Parent Guide To The Process*



**INSIGHTS**  
— PSYCHOLOGY — DMCC

## WE CELEBRATE DIFFERENCES

**Thank you** for contacting Insights in relation to an assessment for your child or young person. Insights has a multidisciplinary team that are specialised in conducting neurodevelopmental assessments. Neurodevelopmental differences are variations in a person's brain style that may result in distinct strengths and challenges, that impact on how a person experiences the world.

Insights is an **affirming clinic**, which means that we love meeting people with differences in brain style. **We celebrate the value that these differences** bring to our friendships, our workplace, and the schools and clinics that we work with. Wouldn't life be dull if we were all the same!

## SOME NEURODIVERGENT PEOPLE MEET CRITERIA FOR A CLINICAL DIAGNOSIS

Common neurodevelopmental differences include, but are not limited to, learning needs, language needs, attention regulation differences, social communication and sensory differences, and motor coordination challenges. **A neurodevelopmental assessment seeks to explore if these differences in brain style meet criteria for a clinical diagnosis.**

**Examples of a clinical diagnosis include:**

Specific Learning Disorders (Dyslexia, Dysgraphia, Dyscalculia), ADHD, Autism, Developmental Coordination Disorder (Dyspraxia), Language Disorder, Global Developmental Delay and Intellectual Disabilities



People can meet criteria for a clinical diagnosis at any age. Insights have teams that specialise in working with the under-5s, school age children, and adults. **This brochure describes the assessment processes for children and young people that are school age (5-17)**, but if you are interested in assessments for other age groups, please let us know and we would be happy to share the relevant information.

## STRENGTHS, PREFERENCES AND MENTAL HEALTH

A neurodevelopmental difference is a difference in brain and thinking style. While a neurodevelopmental assessment may also screen for a person's strengths, preferences and mental health state, **this is not the main aim.**

If you are concerned about your child's mental health, it may also be important to consider their brain style. **Knowing that your child is neurodivergent may help inform them, you and the other people around them on how best to support them and their mental health.**

Neurodivergent people often need a different approach to the management of their mental health needs, that includes both mental health support and understanding and support for the needs associated with their brain style difference. **When we learn about a person's strengths, interests and preferences alongside a neurodevelopmental assessment, it gives us excellent information on how to help them flourish.**

## 01 *Parent consultation with psychologist: AED 850*

**Book a consultation and fill out the pre-consult documents.** Confirm with the team if you are happy for us to contact your **child's school** 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. 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. If your child is an appropriate candidate for one of our assessment routes, **the psychologist will supply a referral letter** regarding their suggested testing pathway.

## 02 *(For families planning to claim on health insurance)*

**Submit the psychologist's referral letter and quote to your health insurance** company for preapproval for psychological services/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.

## 03 *Testing with the child or young person: Cost varies per testing query*

Insights pathways for testing have been developed using up-to-date tests, based on international research, and the tests are conducted by a qualified **multi-disciplinary team** where appropriate. All pathways include a **school observation** (for elementary or primary aged students), **individual work** with the child or young person, and you may also be asked to fill **additional forms** in relation to the symptoms being tested. It is important that you fill these forms in a timely way in order that there is no delay in booking your feedback meeting. Confirm your child's assessment appointment/s by **entering your card details on the online booking system, Fresha** one week ahead of the planned appointment. With your permission, the Insights team will then arrange to book appointments as appropriate (such as booking a **school visit** for observation). You will be charged for the selected assessment package on the first day of testing.

## 04 *Parent 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 claim form at this meeting (which requires the outcome and/or diagnosis. You can claim for the cost of your child's assessment by submitting the receipt, claim form and report together to the health insurance company. Some assessment pathways also include a standard **feedback meeting with your child's school team**. If your child's assessment pathway does not include a school feedback meeting, and if you feel that this would be beneficial for your child's school team, you can talk to the professional about adding this on to your package at an additional cost. School feedback meetings are conducted online only.



## *How long does the assessment process take?*

**From the time of 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 to suggest 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 tests tend to be child friendly and designed for completion in one sitting. However, few children may experience difficulty completing all tasks together. In these cases, the assessor may suggest splitting testing sessions in the best interest of the child. Our assessors are experienced, and they can guide you if this is necessary.

**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 are when parents or teachers forget to fill forms. If an assessment team has asked you or your child's teacher to fill 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 would 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 test should we do?*

Testing for all possible neurodevelopmental differences would be lengthy, costly, and in most cases entirely unnecessary. We do not conduct diagnostic neurodevelopmental assessments as exploratory exercises or to simply know more about your child. **We recommend an assessment when we suspect that the child may be presenting with a clinical diagnosis.** It is important that you and your child are directed to the correct assessment pathway that is most appropriate, so that we can **add value to the understanding of your child's needs**, and any supports that may be appropriate for your child going forward after the assessment.

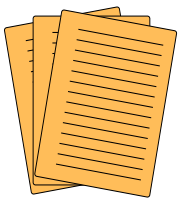
For that reason, we always start with a parent consultation with a Psychologist. This allows the Psychologist to understand the child's history, any presenting concerns, family circumstances, preferences and it allows you the opportunity to explore and understand the options available to make an informed decision on how to proceed. This is called '**informed consent**' when you understand what is being suggested and why.



## *Who will do the assessment with my child?*

The neurodevelopmental assessments at Insights are conducted by **qualified Psychologists, Occupational Therapists, Speech and Language Therapists and qualified Educational Testers**. 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.

For making some clinical diagnosis, a multi-disciplinary team input is required by local authorities (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.** We are familiar with a range of international school curriculums and the regulations for these curriculums. Your child's assessment team will always be put together 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 (such as exam concessions) if needed.

**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. 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? Why is it important?***

To get the best value from this meeting it is important that you fill in the **Child Development Questionnaire (word document)** and **BASC-3 form (psychometric form sent to you via email)** 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 school team** 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 also possible to conduct a parent consultation without information from the school team, but this can make it difficult for the Psychologist to advise on a child's school-based needs. For some diagnoses, the team may need to observe the child's symptoms in a second setting in order to make an accurate diagnosis of needs. School involvement is entirely voluntary, but highly recommended.

During the consultation, the Psychologist will discuss the child's history that you have provided, the 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 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 a 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. Neurodevelopmental assessment pathways at Insights and associated costs are summarised below.



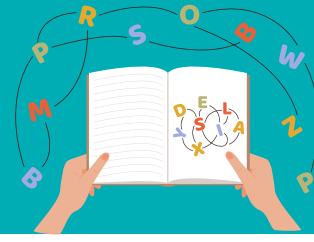
## ***What are the typical assessment pathways?***

Our basic pathways are outlined in the following pages. Points to remember include:

- We **do not** conduct classroom observations for children in secondary/high school and AED 500 should be deducted in these cases.
- **Some of our assessment pathways can reliably be conducted online** (Dyslexia, Learning, ADHD), **however for others, we prefer to do at least part of the assessment in person** (Autism, Language, Dyspraxia).
- Supplemental tests, at an additional cost, may be suggested in addition to a basic pathway, but these would never be conducted without your prior permission.



# ASSESSMENT QUERY: SPECIFIC LEARNING DISORDER LITERACY (DYSLEXIA)



**Assessor:** Qualified Educational Tester **or** Psychologist (Wider multi-disciplinary team may also be used)

**Cost:** AED 5000

**This package includes :**

- Collection of information regarding symptoms from parent, teacher, and self-report
- Observation at school
- Individually administered standardised assessment of literacy and related skills (2 hours)
- Diagnostic report
- Feedback meeting with parents (1 hour)
- Feedback meeting with teachers (30 minutes online)



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# ASSESSMENT QUERY: GENERAL LEARNING DIFFICULTIES (INTELLECTUAL DISABILITY) OR MULTIPLE SPECIFIC LEARNING DISORDERS (DYSLEXIA, DYSCALCULIA)



**Assessor:** Psychologist (Wider multi-disciplinary team may also be used)

**Cost:** AED 6000

**This package includes :**

- Observation at school
- Individually administered standardised assessment of adaptive, cognitive skills, literacy, maths and related skills (2-3 hours depending on the student)
- Diagnostic report
- Feedback meeting with parents (1 hour)
- Feedback meeting with teachers (30 minutes online)

# ASSESSMENT QUERY: DEVELOPMENTAL COORDINATION DISORDER (DYSPRAXIA)



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

**Cost:** AED 6000

**This package includes:**

- Observation at school
- Individually administered standardised assessment of cognitive skills (1 hour)
- Individually administered standardised assessment of motor coordination skills (90 minutes)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)
- Feedback meeting with teachers (30 minutes online)



# ASSESSMENT QUERY: LANGUAGE DISORDER

**Assessor:** Psychologist **and** Speech and Language Therapist (SLT); (Wider multi-disciplinary team may also be used)

**Cost:** AED 6000

**This package includes:**

- Observation at school
- Individually administered standardised assessment of cognitive skills (1 hour)
- Individually administered standardised assessment of speech and language skills (90 minutes)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)
- Feedback meeting with teachers (30 minutes online)



# ASSESSMENT QUERY: ATTENTION DEFICIT HYPERACTIVITY DISORDER



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

**Cost:** AED 7000

**This package includes:**

- Observation at school
- Standardised diagnostic questionnaires about symptoms related to ADHD from parent, teacher, and student.
- Collaborative meeting to examine symptoms related to attention deficit and hyperactivity ideally with parent (for younger students) and with parent and student (for older students). (1 hour)
- Individually administered standardised assessment of cognitive skills and attention and focus (1 hour)
- Assessment of attention regulation and executive function (1 hour)
- Multidisciplinary diagnostic report
- Feedback meeting with parents (1 hour)
- Feedback meeting with teachers (30 minutes online)



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# ASSESSMENT QUERY: AUTISM



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

**Cost:** AED 8500

**This package includes:**

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



**Supplemental tests (in addition to your primary testing pathway)** may be suggested for your child, if there are two diagnostic queries, if difficulties are noted in specific areas, or if parents/teachers feel the support is necessary. For example, many schools that we work with are experienced in meeting needs associated with dyslexia and a school feedback meeting has not been added to this package as standard. However, we are happy to add a school feedback meeting to a basic dyslexia package if parents and teachers feel that guidance is needed.

Similarly, while many diagnostic neurodevelopmental assessments do not require an 'IQ test', this can be added when the child, parents or teachers are keen to observe the child's associated cognitive profile. **When tests are 'added'** to your child's assessment in this way, that is with the agreement that **the results will be added to the same report**. If you wish to start a new report for a secondary query, consider finishing one assessment before beginning another. If a secondary query needs a separate report, it would be billed as a primary query, as per the prices above.

- |   |          |
|---|----------|
| • Additional School or Community Observation            | AED 850  |
| • Additional School Feedback (online)                   | AED 850  |
| • Additional Parent Consultation                        | AED 850  |
| • Additional Parent Feedback                            | AED 850  |
| • Additional Feedback Session with Client/Family        | AED 850  |
| • Follow-Up Consultation/Letter                         | AED 850  |
| • Secondary Query Cognitive Testing                     | AED 2000 |
| • Secondary Query SPLD Literacy (Dyslexia & Dysgraphia) | AED 3000 |
| • Secondary Query SPLD Math (Dyscalculia)               | AED 1500 |
| • Secondary Query General Learning                      | AED 4000 |
| • Secondary Query ADHD                                  | AED 5000 |
| • Secondary Query Autism                                | AED 6500 |
| • Secondary Query Speech & Language                     | AED 4000 |
| • Secondary Query Motor Coordination                    | AED 4000 |





We believe in the assessment process as a **helpful and therapeutic exercise** that **adds value** to our understanding of a person. It is not our intention, nor in our interest, to force any family to do an assessment that they do not want to do. **If you do not want to pursue an assessment for your child, or if it is just not the right time, for financial reasons or otherwise, consider using our consultation services.**

**After an initial consultation (AED 850),** the psychologist could contribute by **observing your child**, reviewing data already collected by your child's school team, and hosting a **collaborative meeting** to make suggestions regarding your child's support at school. **This service costs AED 2500,** inclusive of a classroom observation, collaborative meeting with your child's school team and a brief one-page record of involvement. Kindly note this service does not include a diagnostic report nor clinical diagnosis. If you are interested in this service we have a full in-depth brochure that is available with our admin team.

# CONTACT US

## How can I book a consultation?

If you are interested in a consultation for your child or young person, you can contact the Insights main reception. In Dubai, typically the cases are assigned to a psychologist that has experience in covering referrals from your child's school. Your child's school would never be contacted without your permission. The Insights admin team are available **Monday to Friday from 9am to 5pm.**

 Phone/Whatsapp: +971 56 266 0227

 Email: [Reception@InsightsPsychology.com](mailto: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 and your family. 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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