

Neurodevelopmental Assessment for Adults

A Client Guide To The Process



INSIGHTS
— PSYCHOLOGY — DMCC



WE CELEBRATE DIFFERENCES

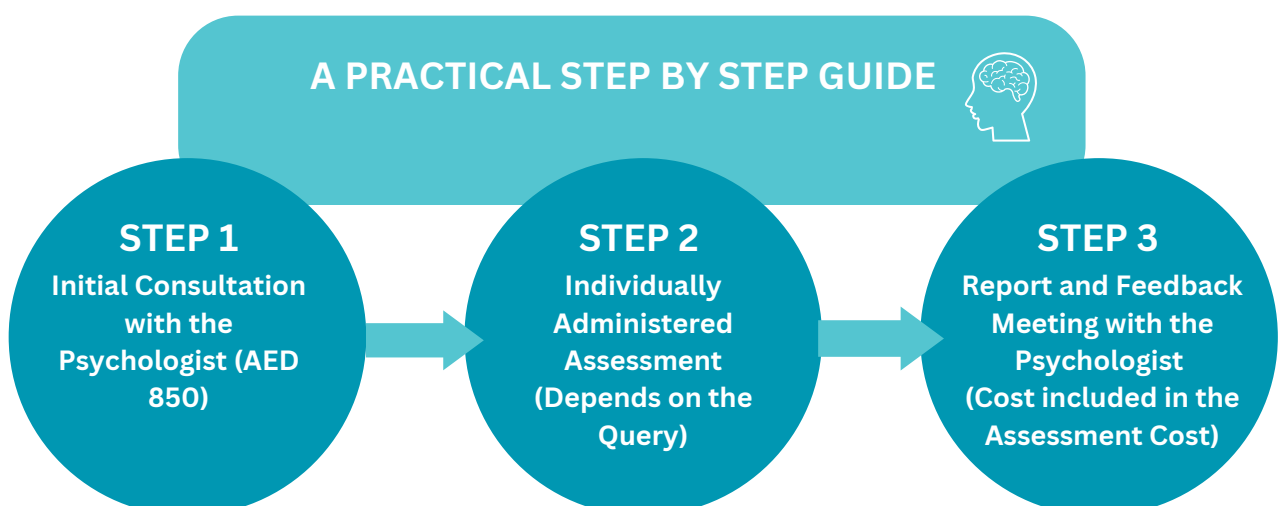
Thank you for contacting Insights in relation to an assessment. Insights has a dedicated team of psychologists and allied health professionals (occupational therapists and speech and language therapists) that are specialised in conducting neurodevelopmental assessments with adults.

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. We know from **world history** that differences in brain style are not a new phenomenon. However, newer research, resources, and awareness mean that we are the first generation in many countries and cultures to properly recognize and understand the **distinct and significant perspective** that neurodiversity brings to the human experience, particularly for adults.

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 lives, our friendships, our workplace, and the clinics that we work with. Wouldn't life be dull if we were all the same!

When we conduct a neurodevelopmental assessment with an adult, we are seeking to understand a person's symptoms and to clarify if they meet criteria for a particular clinical diagnosis. When adults present for assessment, assessment queries are often related to symptoms associated with, but not limited to, such clinical diagnoses as:

- ➔ ADHD
- ➔ Autism
- ➔ Dyslexia
- ➔ Dyscalculia
- ➔ Learning Disabilities



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



The assessment process starts with an **initial consultation** with the Psychologist. You will be asked to fill in a **general questionnaire** before the meeting. During the meeting, the psychologist will ask for **detailed information** about your history, presenting symptoms and any other hopes or concerns that you may have. Initial consultations can be accommodated **online** or **in-person**.

The Purpose

Although many adults come to a consultation with a particular diagnostic query in mind, the psychologist will be able to advise you if a neurodevelopmental assessment is appropriate for you based on your symptoms. The purpose of the initial consultation is to explore both the symptoms you are experiencing **and to explore any other possible reasons that may account for the symptoms you experience**. This helps the psychologist to ensure that you get an accurate 'differential diagnosis'. That means that later in the process, if you are formally assessed and diagnosed as presenting with a particular clinical diagnosis, those symptoms should not be better explained by another or alternative diagnosis.

Informed Consent

If you are an appropriate candidate for testing, the psychologist will advise you on the 'diagnostic query' and specific tests that they would recommend to explore with you as part of a formal assessment. They would also describe the testing options that are available to you. For example, if the psychologist would like to refer you for an ADHD assessment, they would:

- ➡ Tell you a little about ADHD.
- ➡ Explain why your symptoms fit with that query.
- ➡ Explore the risks and benefits of a diagnosis.
- ➡ Describe the different testing options available to you, including options for online or in-person testing.
- ➡ Advise you regarding the best route for you based on their clinical experiences.

This procedure is called '**informed consent**', and we do this because it is important for you to understand from the outset what you are being tested for and why.



Payment and Health Insurance

Insights operates on a '**pay and claim basis**'. We do not have a dedicated health insurance team to assist with direct billing with your health insurance company. You will be charged directly for the initial consultation appointment on the day of the consultation (**AED 850**), and a health insurance claim form can be supplied to you alongside your receipt.



After the initial consultation, if you intend to seek pre-approval for the planned assessments, **the psychologist can supply a referral letter and quote to you at the end of the consultation.** You can approach your health insurance company directly to submit your claim. If your ability to pay for the assessment is based on your ability to claim the cost back on health insurance, it is important that you do get confirmation of pre-approval directly from your health insurance company. Some insurance companies require that you get your referral letter from a medical doctor. If that is the case, we can refer you to a reliable doctor that can help.

Step 2: Assessment Pathway



In your initial consultation, the psychologist will guide you to an assessment pathway that is appropriate for you. **Recommended assessment pathways tend to be based on the primary diagnostic query. It is also possible to add additional assessments to these pathways as needed, in order to meet your individual needs.** You do not need to choose a pathway before your initial consultation, but the pathways and estimated costs are included here below as a point of reference. All assessment pathways can be adapted to be administered entirely online, entirely in-person or a combination of both.

ADHD Query - Total Cost: AED 6500

- Individual Diagnostic Interview Regarding Symptoms (1 hour with the Psychologist)
- Diagnostic Questionnaires
- Cognitive Testing (with the Psychologist or OT)
- Test of Executive Function and Continuous Performance (OT)
- Multi-disciplinary Report
- Feedback Meeting

Autism Query - Total Cost: AED 7500

- Individual Diagnostic Interview Regarding Symptoms (90 mins with the Psychologist and OT or SLT)
- Diagnostic Questionnaires
- Multi-disciplinary Report
- Feedback Meeting

Dyslexia Query - Total Cost: AED 4000

- Self-report of Symptoms
- Individually Administered Standardised Assessment of Literacy and Related Skills (2 hours with the Educational Tester)
- Multi-disciplinary Report
- Feedback Meeting

Dyscalculia Query - Total Cost: AED 4000

- Individually Administered Standardised Assessment of Cognitive Skills including Quantitative Reasoning and Mathematical Skills (2 hours with the Educational Tester)
- Multi-disciplinary Report
- Feedback meeting

Learning Disabilities - Total Cost: AED 5500

- Individually Administered Standardised Assessment of Adaptive, Cognitive Skills, Literacy, Maths and related skills (2-3 hours with the Psychologist and/or OT or SLT)
- Multi-disciplinary Report
- Feedback meeting

Supplemental tests or services (in addition to your primary testing pathway) may be suggested for you if:

- ➔ There are two diagnostic queries established at the initial consultation
- ➔ Skills difficulties are noted in a specific area during testing
- ➔ If the psychologist feels it is necessary.

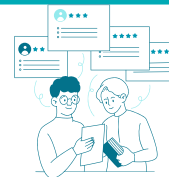
For example, many autistic people also benefit from assessment of possible symptoms related to ADHD. Some adult learners will benefit from the psychologist's assistance in sharing the results in a feedback meeting with their university.

Cost of 'add ons'

Cost of 'add ons'. When tests are 'added' to your primary assessment pathway as part of your assessment, that is **with the agreement that the results will be added to the same report.** No additional assessments nor additional services would be added to your assessment pathway without you understanding why, and without you first understanding the additional cost involved. If you wish to start a new report for a secondary query, consider finishing one assessment before beginning another.

➔ Secondary Query ADHD	AED 4000
➔ Secondary Query Autism	AED 5000
➔ Secondary Query SPLD (Dyslexia or Dyscalculia)	AED 1500
➔ Cognitive Testing	AED 2500
➔ Math Testing	AED 1000
➔ Additional Feedback (with Family, University or Workplace)	AED 850

Step 3: Feedback Meeting



10 working days after your testing session (or when all the data from questionnaires have been completed), the psychologist will host a feedback meeting with you to discuss your results. You can choose to attend the meeting **by yourself or with a supportive family member or friend.** At the meeting, the psychologist will provide a **written report** that outlines why you do, or why you do not, meet criteria for the clinical diagnosis that has been explored. All the data collected as part of the assessment will also be included in the report, along with personalized recommendations, and resources for your reference. The psychologist may also share some recommended next steps. **The cost of the feedback meeting is included as part of the assessment cost.** However, if you need additional feedback meetings, such as an additional meeting to share your diagnosis with your family or spouse, this can be provided at an additional cost, as outlined above.



Why would I pursue an assessment as an adult?

It is not uncommon for people with neurodevelopmental differences to go undiagnosed through childhood, adolescence and into adulthood, as they develop a range of **'masking strategies'** – this means that a person works extra hard to compensate for the differences that they experience. Whilst masking strategies can sometimes be helpful in enabling a person to overcome challenging situations, **excessive masking has been known to result in significant stress**, mental health needs, burnout, loss of confidence, and a poor sense of self/self-identity. Acknowledgment of a person's neurodiversity can result in validation, relief, and becoming more equipped to become a self-advocate. When a neurodivergent person's needs are well understood and met, they can become more confident and more successful in reaching their personal goals.

I think I have an anxiety disorder or depression, is this the right assessment for me?

Many adults seek a neurodevelopmental assessment when their symptoms have been causing a high level of stress over a period of time (sometimes a life-time!). While a neurodevelopmental assessment may also screen for a person's mental health state, **this is not the main aim** of the assessment. However, if you do present with mental health difficulties, it may also be helpful to consider your brain style. **Knowing if you are neurodivergent may help inform you, your family and a mental health specialist on how best to support you.** For example, a neurodivergent person may benefit from both mental health support **and** support and understanding for the challenges 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.**

I think that I might have ADD, rather than ADHD, is this still the right assessment for me?

In the past, both diagnoses of Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) were used by the medical community. In 2013, the clinical criteria for the diagnosis and the name of the diagnosis changed (DSM-5). ADHD refers to an umbrella term of differences that are characterised by core difficulties related to attention/focus, and hyperactivity/impulsivity. There are 3 subtypes of ADHD including ADHD-Predominantly Inattentive Type, ADHD-Predominantly Hyperactive Type, and ADHD-Combined Type. **The diagnosis formally known as ADD closely aligns with ADHD-Inattentive Type.** An ADHD assessment examines all possible ADHD types and related difficulties.

I think I might have Aspergers, rather than Autism, is this still the right assessment for me?

Prior to 2013, the medical community defined Aspergers as a 'higher functioning' type of autism, with an erroneous assumption that most people on the autism spectrum are 'lower functioning'. More recent research reveals that most autistic people will develop functional verbal skills, and many autistic people have strong learning skills. From 2013, DSM-5 required that autism symptoms are defined in the context of the intensity of a person's symptoms, independent of the person's language skills and cognitive ability.

Although some older people and popular culture still orientate to using the term 'Aspergers', it is not typically used by the medical community. In addition, it has some negative connotations within the autistic community due to historical connections with its namesake (Hans Asperger in Nazi Germany), and concerns that it promotes the idea that some autistic people are more valuable than others (ableism). **Insights Psychology autism assessments align with modern, affirmative understanding of autism, where autistic people are individuals and where symptoms can fluctuate significantly depending on how well a person's needs are met.** For some autistic people, they consider their symptoms as a disability; for others, they consider it as a 'neurotype'.

Is my appointment private and confidential?

All services at Insights Psychology DMCC are private and confidential. If you choose to involve family members or friends in the assessment process, they may be curious about the outcomes. For example, if you consent to share questionnaires about your presentation with your family, they might ask the reason why they are filling out the forms or what the results of the assessment were. **It is always your choice to share your results.** However, many people find that it can be helpful in developing an understanding among family and friends of the differences they experience.

What happens after the assessment?

Many neurodivergent people may be happy that the diagnosis alone gives them the validation and the understanding that they need to support themselves. For other people, they use it as a starting point for **psychotherapy** or counselling so that they can continue to grow, process their diagnosis, develop their self-advocacy skills and design a self-management plan. Some people choose to pursue **couples counselling** in order to explore how the diagnosis helps inform their relationships, emotional needs and/or communication styles within their relationship. Others choose to engage in **family therapy** in order to share their experiences and develop an affirmative approach within the family unit. Some ADHDers choose to work with a **psychiatrist** to explore medication treatment for their needs. We can help guide you towards a neuro-affirmative therapy or medical provider if you would like to explore any of these options after your assessment.

Can I claim the cost of my assessment consult on health insurance?

At Insights, we operate on a **pay-and-claim basis**. That means that you pay Insights directly for the cost of the assessment, and then you can reclaim the cost from your insurance company, if it is covered on your policy. If you intend to claim the cost on your health insurance, it is important to inform the receptionist ahead of your appointment in order that reclaim forms can be prepared by the psychologist and admin team in a timely manner.

If you need a guarantee that the cost will be covered by your health insurance company ahead of time, you can contact the health insurance provider directly and seek pre-approval of coverage for ‘consultation and assessment with a psychologist due to suspected neurodevelopmental differences’. After your initial consultation with the psychologist, they can prepare a letter that you can send to your health insurance to seek ongoing coverage for your treatment as discussed during the initial consultation.

What’s the difference between in-person, online and hybrid assessment services?

It is most important that you are comfortable accessing the assessment in whatever format suits you. **Our team are trained and experienced in conducting diagnostic assessments online and in-person.** You can discuss your preferred modes of accessing the assessment with your psychologist at your initial appointment. Below are some of the possible options outlined for your reference.

In-Person



For in-person assessments you would come to the clinic in JLT, Dubai for your appointments. You can attend with the psychologist and multidisciplinary team individually, or you can come with a support person if you prefer.

Online



For online assessments, all appointments would be conducted via Zoom, and the psychologist would send you a link ahead of your appointment time. Ideally you would access the screen from a quiet, private room with good internet coverage. It is important that your microphone and camera are working, and the psychologist can help you check these at the start of your session.

You can choose to access any of your sessions in-person or online. For some people who struggle to make it to the clinic due to other commitments, they may choose to have their consultations online, and assessment in-person at the clinic. For others, it may be their preference to access services from the security and comfort of their own home. All clinical questionnaires are administered online regardless of which option you choose.

Contact Us

How can I book a consultation?

If you are interested in booking an initial consultation, you can contact the Insights' main reception. The Insights admin team are available **Sunday to Friday from 9am to 5pm.**

 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.

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