

## Assessment of Children, Teens & Young Adults

Assessment of children, adolescents, and young adults can encompass a range of services. Parents of children, and young adults typically present for an assessment based on a history of chronic challenges that so far have not been responsive to additional supports despite the extensive effort of themselves and others. This may include assessment for a Specific Learning Disorder such as dyslexia or dysgraphia. An assessment may also include exploration of ADHD, giftedness, intellectual developmental disability or autism.

We find, and this is our preferred approach, that parents, children, and teens are best supported by a comprehensive exploration of themselves, via an assessment. This means that we avoid promoting and providing an 'ADHD assessment' or an 'autism assessment' as our experience indicates that when focussing on one area of a child or teens development, other areas are missed. We also understand that a child or teens challenges or differences may be explained by more than one area of difference. Specifically, ADHD and Autism often present together and 40% of autistic children also present with anxiety. Additionally, twice exceptional children, by definition, have a formal diagnosed area of strength and an area of weakness or differences. To this end, we cast a broad net and explore many areas of a child or teens development, emotional, and social wellbeing and their behavioural profile. Our process for assessments is to identify the core needs and to determine what best explains the child or teens challenges and differences. We are driven by the goal of supporting a child and family to best understand their child's brain so they can better understand, support and advocate for them. Our focus isn't to diagnose, however sometimes this is a part of the outcome of the process.

Our assessment process is as follows:

- Thorough phone intake with our client support team
- Comprehensive parent intake and further parent only appointments as recommended by our clinicians
- Individual testing with the child, adolescent or young adult
- School and kinder observations
- Gathering collateral information from other sources such as parents, partners, schools and kindergartens, as well as other allied health services the child or teen accesses
- Analysis of the data
- Parent feedback
- Comprehensive report