

Adult Assessment Information: Before You Book

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What kinds of assessments are offered at Remedy?

We provide the following assessments. We can also combine them to meet clients' needs.

1. **Psychoeducational Assessments**, which explore your intellectual, memory, and academic functioning to assess for Learning Disorders (LD) and which can also assess for Attention-Deficit/Hyperactivity Disorder (ADHD). This is the best option if you think you might have an LD. Some post-secondary schools, examinations, and professional licensing bodies also require a Psychoeducational Assessment in order to provide accommodations for ADHD.

2. **ADHD-Focused Assessments**, which focus in particular on whether you have ADHD as well as looking at your mental health. This is the best option if you mostly want to know if you have ADHD, or if you're wondering about both ADHD and mental health, but you don't need to be assessed for LDs or Autism. If you're a student, might be doing examinations, or might become a student please **check with your school/examination body** before booking this assessment in case they need a Psychoeducational Assessment.

3. **Autism Assessments**, which are useful if you have questions about differences in your social relationships, interests, use of language, and sensory processing throughout your life. Autism Assessments can explore Autism identification, determine whether criteria are met for the DSM-5-TR diagnosis of Autism Spectrum Disorder, and consider or rule out other ways of understanding social and behavioural differences. Autism Assessments often also assess ADHD and mental health so we can rule Autism in or out as clearly as possible. Autism Assessments can help with self-understanding, and suggesting supports or accommodations.

4. **Mental Health Assessments**, which comprehensively assess mental-health related difficulties such as mood, anxiety, trauma-related, and personality disorders. Mental Health Assessments can inform what kinds of supports or treatments may be helpful for you.

Where will my assessment happen?

We offer assessment services in-person at [703 Bloor St. W. Suite #201](#), as well as offering virtual or hybrid services. While ADHD and Mental Health assessments can be conducted fully virtually, Psychoeducational assessments must be conducted mostly in-person, although the first hour and feedback session can be conducted virtually; and Autism assessments require at least 2-3 hours in-person. While there is a staircase to access our space, if you require an accessible space this can be arranged in the neighbourhood.

If you're meeting with us for a virtual assessment appointment, **please ensure that you are physically in Ontario** and in a private place at the time of the meeting! Otherwise we will not be able to go ahead with the appointment.

When will my assessment be?

Our assessments are currently conducted Mondays, Wednesdays, and Thursdays during business hours. After your intake call, our Intake Coordinators will either offer you an appointment time or will inform you that you will be placed on our waiting list. Since assessment appointments are long and are often scheduled far in advance, please be aware that if you need to move your date or time this may mean rescheduling for a different month! If you're placed on our waiting list, don't worry: we will follow up and offer you a spot as soon as one becomes available. If you know that you no longer require an assessment with us, please let us know so that we can offer a spot to someone else who is waiting.

Our wait times vary widely and can change quickly. If you know you need an assessment completed by a particular time, please book far in advance and respond and book promptly. We can't hold appointment times for longer than 72 hours after one is offered to you. We require credit card information to be added to your file at the time of booking, and can't book your appointment without this information even if you plan to pay using a different method.

Do I need to bring anything?

Assessment sessions are often long, so it's a good idea to wear comfortable clothes with layers (in case you get too warm or cold) and bring anything you might want to eat or drink as well as a quiet activity to do during breaks. We have water, tea, coffee, and a kitchenette available at Remedy.

If you have hard-copy documents to share with your Psychologist (e.g. report cards, previous assessment reports) you can bring those to your appointment. If you would prefer to share them electronically, your Psychologist can connect you to an encrypted folder to upload them to.

If your assessment session is virtual, please make sure that you have a private location with a secure internet connection and a device with a camera to use for the video appointment. If you're doing a virtual ADHD assessment, you'll also need a second device with a full-sized keyboard, speakers, and internet connectivity to run an electronic cognitive test on.

What if I need to cancel or reschedule my appointments?

Given that assessment appointments are long and require significant preparation from your Psychologist, we need **3 business days' notice** to reschedule assessment appointments; late cancellations or no-shows will result in charging for the time we set aside for you. If it's before your first assessment appointment, you can cancel or reschedule by contacting intake@remedycentre.ca. If you have already been in touch with your Psychologist, you can contact them directly. Please be aware that rescheduling your assessment appointment may lead to it being pushed back to a different month, depending on your Psychologist's schedule.

If you have any symptoms of illness and are scheduled for in-person appointments, ***please contact us as soon as possible and do not come in.***

Who will conduct my assessment?

All assessments at Remedy are conducted or supervised by licensed Psychologists Dr. Sarah Horowitz, C.Psych., Dr. Allegra Netten, C.Psych., or Dr. Richard Zeifman, C.Psych., or by

Dr. Naomi Slonim, C.Psych. or Dr. Jenny Gomez, C.Psych. who are conducting assessments under Dr. Horowitz's peer supervision. All our assessors prioritise assessing from a strengths-focus and from a Neurodiversity Affirming framework. More information about our team can be found at <https://remedycentre.ca/our-team/>. Sometimes we may have a supervised advanced Clinical Psychology graduate student who is obtaining additional training in assessment on our team, who may participate in your assessment process (with your consent).

What will the outcome of the assessment be?

We will always strive to tailor our assessment process to your goals, so that you can get the most out of the process. Many clients find that Psychological Assessments support their self-understanding and help them put past experiences into new perspective, as well as supporting their future planning. Recommendations may also be provided to help with your coping, and with changes you can make in daily life.

Assessments may result in one or more Neurodevelopmental or Mental Health diagnoses being communicated. Certain academic or employment accommodations may be recommended following your assessment, and suggestions may be provided about possible next treatment steps. We can never guarantee that a specific diagnosis will or will not be the outcome of the assessment, and we can never guarantee that specific accommodations or treatments will be suggested. We will base our feedback on our clinical training and on the information we collect from you over the course of the assessment.

Is my assessment covered?

Psychological Services at Remedy are private pay and are not covered by OHIP. However, if you have private insurance, part or all of your assessment may be covered. We recommend that you **check with your insurance provider to verify what they cover before your assessment begins**. We can provide a cost breakdown if you need one to show your insurance provider. We do require clients to pay directly for services at the time of your assessment, and will provide you with a detailed receipt to submit for reimbursement.

If you're a postsecondary student, you may qualify for funding that covers part or all of the assessment! You can ask your Registrar or your institution's Accessibility Services office.

Assessment Time and Cost Breakdown

Psychological assessments are comprehensive and **require a significant amount of time on behalf of the client and the clinician**. The assessment process may take anywhere from 3 weeks to several months depending on the specifics of your needs and schedule.

Our assessments are priced at a standard Psychologist rate of \$275/hour, including the time that we devote to speaking with you (and with a loved one if you have a family member or important other provide information for the assessment), and the time spent to review documentation you provide, score and interpret tests, and write your report.

While the estimates below fit most of our assessments, we may have to add additional hours at our standard rate if more information is required to give you well-informed results. We will always consult with you before engaging in any services that require a charge.

You will receive a detailed report within a couple of weeks **after** your assessment feedback session. If you need additional forms filled out as part of your assessment, this can

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often be completed as part of your quoted assessment fee. However, if forms are extensive or are provided after your assessment is finished then there will be a charge at our hourly rate.

If you came to us through a postsecondary institution, you may be eligible for a reduced fee for our Psychoeducational assessments. **If a graduate student is conducting part or all of your assessment, a reduced rate will also apply.**

Activity Type	Hours Billed	Amount Billed
<i>Psychoeducational Assessments</i>		
Interviewing & Testing	9	\$2,475
Scoring, Interpretation, & Report Writing	5	\$1,375
Feedback Session	1	\$275
	Total:	\$4,125
<i>ADHD Assessments</i>		
Interviewing & Testing	4	\$1,100
Scoring, Interpretation, & Report Writing	5	\$1,375
Feedback Session	1	\$275
	Total:	\$2,750
<i>Autism Assessments</i>		
Interviewing & Testing	6-12	\$1,650-3,300
Scoring, Interpretation, & Report Writing	5	\$1,375
Feedback Session	1	\$275
	Total:	~\$3,300-4,950
<i>Mental Health Assessments</i>		
All services	~3-8	~\$825-2200 (a more precise quote can be provided after we learn more about your situation and needs)