

# Getting Started on an Assessment

Are you concerned about your child's development?

## 1. Make an Appointment with your Family Doctor or Pediatrician

- Upon visiting your family doctor or pediatrician, they may suggest completing a developmental assessment. A developmental assessment will include your child's social, cognitive, communication, and motor skills. Many physicians do not give a detailed report of the child's level of functioning but will write a brief diagnosis letter. There is often no cost for this as it is covered under OHIP, but there may be a waitlist!

## 2. Psychologist

- Contact InfoPeel for a Psychologist in your area! Some refer to this as "private assessment". This type of assessment route usually can begin within the month, but it's costly. Sometimes insurance plans may cover this, be sure to check with your provider!
- Autism testing can cost between \$3,000-\$5,000. The Psychologist will interview you and conduct standardized tests (ADOS) with your child.

## 3. Psychoeducational Assessment

- Is your child's Teacher aware of these developmental concerns? Let them know, they might suggest completing a Psychoeducational Assessment. A Psychoeducational Assessment is standardized assessment of a child's intellectual and academic abilities. It measures overall aptitude and academic achievement around core skills, such as reading, writing and math. Psychoeducational Assessments are conducted within the school and there is often a waitlist for this service.

## 4. Contact your Diagnostic Hub (Autism Specific)

- There are 5 diagnostic hubs across Ontario (Hamilton, Barrie, Sudbury, Ottawa and Toronto). Diagnostic hubs use a multi-disciplinary approach (Psychologist, OT, Behaviour Analyst, SLP) and use standardized tests to provide timely assessments so that your child can start accessing services/ supports as quickly as possible. The provincial government pays for this assessment, but the wait time can be over a year. This report will provide you with details regarding your child's current level of functioning and behaviour.

### What is a Developmental Disability?

As per the DSM-5, neurodevelopmental disorders are a group of conditions with onset in the developmental period. Neurodevelopmental disorders that begin in childhood and are characterized by intellectual difficulties as well as difficulties in conceptual, social, and practical areas of living. Contact InfoPeel to learn more!