– Dr. Judy Ho –

Clinical and Forensic Neuropsychologist

Neuropsychological Evaluations for Adults

What to expect and how an evaluation can help

What Is a Neuropsychological Evaluation?

A neuropsychological evaluation is a detailed look at how your brain is working in everyday life. It measures thinking skills such as memory, attention, language, and problem-solving, along with mood, behavior, and personality.

The goal goes beyond a diagnosis. We want to understand how your concerns developed, where your strengths lie, and what will help you function well and thrive. Evaluations are conducted by Dr. Judy Ho, a triple board-certified clinical and forensic neuropsychologist, together with her trained staff.

Who Is It For?

People come to us on their own or through a referral from a physician, neurologist, psychiatrist, therapist, or coach. Common reasons include:

- Memory lapses, brain fog, or other changes in thinking
- Trouble with attention, focus, or impulsivity, including questions about adult ADHD
- Difficulty with planning, organization, time management, or follow-through
- Learning differences, or a long-standing sense that school or work has been harder than it should be
- Slowed thinking or word-finding problems
- Questions about autism, including identification later in life
- Anxiety, depression, trauma, OCD, or other mental health concerns that affect daily functioning
- Changes after a concussion or brain injury, stroke, seizures, brain tumor, long COVID, or another medical or neurological condition
- Personality, coping, or relationship patterns you want to understand better
- Documentation for work or school accommodations, or a baseline to track changes over time

Questions an Evaluation Can Answer

- Is there a neurological, medical, or psychological explanation for what I am experiencing?
- Is this normal for my age, or is something else going on?
- What is my diagnosis, if any, and what treatment makes sense?
- Which accommodations or strategies would help me at work or school?
- Can I safely manage driving, finances, work, or health care decisions?

What Happens During the Evaluation

Most testing takes place at our Hermosa Beach office. Some parts, such as the intake interview and questionnaires, can often be completed by secure video or online. Testing usually takes several hours and may be split across two days, with breaks.

- **Intake interview.** We talk about your current concerns, medical and mental health history, education, work, relationships, and goals.
- **Testing.** You will answer questions aloud, work with paper and pencil or a tablet, and solve problems with hands-on materials such as blocks and puzzles. Tasks cover attention, memory, language, reasoning, processing speed, visual-spatial and motor skills, and executive functioning.
- **Questionnaires and structured interviews.** These look at mood, anxiety, trauma, attention, personality, and coping. Some evaluations also include open-ended tasks, such as describing pictures or finishing sentences.
- **Input from others (with your written consent).** A spouse, family member, or provider may share their perspective.
- **Record review (with your consent).** Prior evaluations and medical, school, or work records help us see the full picture.

Your scores are compared with large samples of people similar to you in age and background. We also look at the pattern across your scores to see where your strengths and weaknesses are and how your current abilities compare with what would be expected for you.

There is nothing to study for. We want to see how you naturally think and solve problems.

How to Prepare

- Get a good night's sleep and eat a normal meal beforehand.
- Take your usual medications unless your doctor advises otherwise, and bring a list of all medications and supplements, including alcohol, cannabis, or other substances you use.
- Bring glasses, hearing aids, or anything else you normally use to see, hear, or communicate.
- Send prior evaluations and relevant medical or school records ahead of time if you can.
- Write down your questions, along with specific examples of the problems that concern you.

Feeling nervous or unsure about testing is normal. The evaluation is meant to help you, not to label or judge you, and being open and honest gives you the most useful results.

Feedback and Your Report

After testing, Dr. Judy meets with you to go over the results in plain language and answer your questions. You will also receive a written report that includes:

- A brief summary written for you, the patient
- How you performed across thinking and emotional areas
- Diagnostic impressions, if any
- Practical recommendations for treatment, work, school, and daily life

With your consent, we can share results with your doctors or therapist, make referrals to other specialists, and connect you with resources for ongoing support.

Fees

Fees depend on the type of evaluation and the testing your situation calls for. We are happy to talk through scope and cost with you before you schedule.