

# Your CDBC Appointment

## Psychology



Intake

Psychology  
Assessment

Family  
Conference

Next Steps

### Who should come to this appointment?

- Your child and caregiver(s) or parent(s). You may also bring a friend or relative as a support to you.

### What will the appointment involve?

- An evaluation of your child's thinking, learning, behaviour, and emotional wellbeing.
- Activities include: puzzles, answering questions.
- Parent/caregiver interview and questionnaires are used to gain further insight into your child's functioning at home, at school, and in the community.

### How long will the assessment take?

- Typical assessment time for a child under age 6 is 2-3 hours and over age 6 is 4-6 hours.
- There will be the option to take short breaks as needed throughout the assessment, including a lunch break for full-day assessments.

### What should I bring to the assessment?

- Snacks and/or lunch, especially if your child has food allergies or intolerances.
- If your child typically takes medications, please take them as usual.
- Try to ensure that your child has slept well and eaten breakfast.

### What if I have questions before or after my assessment?

- Please contact 604-453-8313 and ask for your CDBC Case Manager who can put you in touch with the appropriate team member to address your questions.