

Our formal assessments

At the Conscious Health Clinic we provide a variety of formal assessments over our two locations in Wollongong and Gerringong.

Intelligence (IQ Tests) assessment of learning disorder for adults and children (WAIS, WISC, and WPPSI)

Academic Achievement (WAIT)

Cognitive decline, Memory and Dementia (MoCA, WMS, RUDAS, MMSE, Addenbrooks, Allens Cognitive Level Screen)

Autism Spectrum Disorder (ADOS, ADI-R)

PTSD (CAPS)

Panic Disorder (PDSS)

Personality (PAI, MMPI)

Obsessive Compulsive Disorder (VOCI, Y-BOCS)

Behavioural Assessment (Conner's CBRS, CBCI, ABAS)

Sensory Profile

Activities of Daily Living Assessment (Lawtons, Barthel)

Pain (OMPQ and PSEQ)

Post stroke (MAS)

Functional Assessments (Physical and Psychological Functional Capacity Evaluations, COPM, FIM, WHODAS, Falls Risk Assessment)

Pressure Care (Waterlow, Braden Scale)

Employment Testing (Pre-Employment Work Capacity Assessment, Job Task Analysis, Vocational/Career Assessment, SDS, IPIP)



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CONTACT

Address:

17 Burelli St Wollongong
16 Greta St Gerringong

Text or call:

0448 557 233

Website:

www.conscioushealthclinic.com

Email:

contact@conscioushealthclinic.com

FIND US ON:

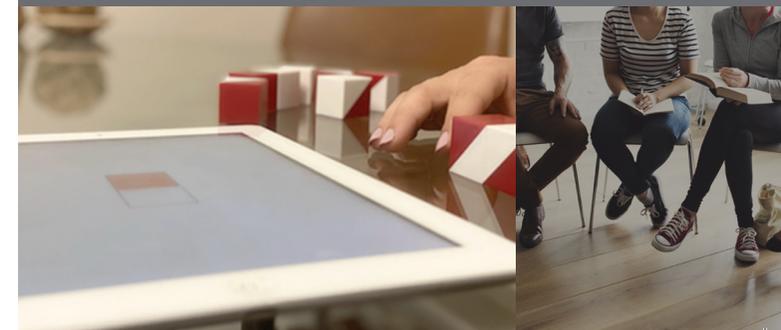


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Servicing Australia-wide
**WOLLONGONG, GERRINGONG AND
VIA VIDEO CONFERENCE**



Why are formal assessments useful?

At the Conscious Health Clinic, we have a team of Psychologists and Occupational Therapists experienced in formal or 'normative' or 'criterion-based' assessments. These assessments are designed to observe, measure, and evaluate what is happening for you and help you and your supporters understand your health and wellbeing better. These tests then compare your results with your peers or against a set of criteria, placing you within percentiles, bands, or categories depending on how you responded, compared to others. For example, a normative test of a child's reading abilities may rank that child's ability compared to other children of a similar age or grade level. A formal assessment for PTSD would assess your symptoms against a set of criteria to determine if you have the disorder or not.



Formal assessments can help you to:

1. Explore and confirm a diagnosis.
2. Help you to and your loved ones understand what is happening for you.
3. Help inform and develop a targeted treatment plan to try to overcome any difficulties you may be having in your day to day life.
4. Help provide the evidence you need for more support at school, home, in a legal matter or at work.

An assessment can include numerous components such as normative tests, informal tests, surveys, interview information, school, medical or forensic records and observational data. Our health professionals can help you determine what information to use based on the specific questions being asked.

We help client with these kinds of questions:

Is there a reason my child is struggling at school?

What are the best areas to target in treatment to get a better outcome?

Do I have a mental illness, or a behavioural or developmental disorder?

Is my memory declining?

Am I impaired in my decision making?

Do I have capacity for work?

Am I eligible for NDIS or additional support at School, HSC or University?

Will my potential candidate for this job be a good manager, or how well will they work as a part of a team?

Is my employee fit for duties?

I think my child is gifted and talented, what now?



Our approach

At the Conscious Health Clinic, we don't use a one-size-fits-all approach. Our Psychologists and Occupational Therapists together select a specific set of assessments and tests for each individual client, based on their goals and presentation.

Some health professionals focus only on assessing patients, and then refer them to other specialists for treatment after they've made a diagnosis. In our clinic, we offer the full range of assessment, report writing, treatment planning, advocating to schools / NDIS / Centrelink / court etc. We even help with filling out forms, gathering other medical evidence, meeting with doctors and other support workers, specialist referral and family and carer education.

We help you navigate the systems, and support you until you have gained the help you need.

Please be aware that most of the assessments are not covered by Medicare and there will be a personal cost to you. Please contact us for a quote and more information.