

Clinical Neuropsychology Service

Astley Ainslie Hospital

Information for patients

You have been referred to the Clinical Neuropsychology service.

Who are we?

We provide specialist neuropsychological assessment, advice and treatment interventions for those who are experiencing challenges that can arise from an acquired brain injury (e.g. as a result of stroke, traumatic head injury, infections of the brain such as encephalitis etc) or from living with a Progressive Neurological Condition (e.g. Multiple Sclerosis, Huntington's Disease, Muscular Dystrophy etc).

What will happen at the first appointment?

This appointment will be an initial assessment which will last about 60 minutes. You will be asked to describe the difficulties you are experiencing as a result of your neurological condition. These may be cognitive, emotional, social and/or behavioural changes you have noticed within yourself. We will also ask for some background information.

If you want to have a relative or close friend present at your appointment this can be helpful. They can provide further information and an additional perspective particularly on your cognitive function and psychological wellbeing.

At the end of this session we will discuss the outcome of the assessment and decide with you on the most appropriate next step in your care.

There are options for this appointment (and any further appointments that might be offered) to meet face to face or remotely via telephone or video link.

What do we do?

We might:

- Conduct a more detailed cognitive assessment to get a better understanding of the changes you may have told us about in your thinking and learning skills (e.g. difficulties remembering information, concentrating on tasks, solving problems etc). We can also offer recommendations to help you manage the impact these changes are having on your day-to-day life.
- Provide “talking treatments”, working with you on the emotional and psychological challenges in adjusting to changes you have experienced and supporting you to find better ways of coping with these.
- Work with you and your family members, to develop a broader understanding of the difficulties you are having and how best to support you.
- Talk with other healthcare professionals involved in your care to help support the work you may be doing with them.

How do you get in touch with us?

If you have any further questions about your referral, or if you no longer wish to be seen, please phone us or email us and we will get back to you as soon as possible.

Tel: 0131 537 9128

Email: NeuroPsych.AAH@nhslothian.scot.nhs.uk

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*Lothian NHS Board is the common
name of Lothian Health Board*

