



## **WHAT TO EXPECT – FAQs**

I hope this answers most of your questions. If not please tell me what else you would like to know.

### **Who are you?**

You can read about my training and experience on my website ([www.wordsspeechtherapy.co.uk](http://www.wordsspeechtherapy.co.uk)). I hope you will experience some of my enthusiasm and passion for the work I do. People describe me as kind and gentle. You can expect me to listen carefully, work at your pace, pay attention to detail and be respectful of who you are and how you prefer to work. I am happy to arrange a quick zoom or phone call if you want to meet me and/or let me know anything before we work together.

### **Why do I need to work with you?**

By describing you as a person other people can understand and support you better. This will include everything you enjoy and are good at as well as what might be difficult for you right now.

### **Where will we meet?**

We usually complete the assessment at your home. Occasionally it is helpful to visit your school. We will always discuss and agree this together so you know what to expect.

### **Who knows we are meeting?**

Only your parent(s) or carer(s) and anyone else who is at home. Your parent(s) or carer(s) will probably have already asked one of your teachers or tutors to share some information before we meet and you may need to miss lessons on the day(s) we work together. If we work together at your school or college, then your teachers or tutors will be notified of any lessons missed and we will stick to your usual timetabled breaks. Some people tell their friends that they are in a 'meeting' if they ask.

## **Do I need to prepare?**

Decide where you will feel most safe and comfortable working. Any quiet, family room works well. It's helpful to have a table or flat surface to work on and a couple of chairs or cushions. Look after yourself by bringing some water and/or a few of your favourite fidgets. You will know what distracts you so leaving devices, including your phone, in another room might be helpful. If you need to bring your phone please turn your notifications and any voice activated apps off. Please think about anything else you might need such as glasses, coloured overlays, hearing aids, blankets etc. You will know best what these are. You will not need a pencil case or paper.

## **Is it a test?**

It depends what a test means to you. I will invite you to complete different activities and questionnaires. Many of these have been developed with the help of people your age. This helps us describe your abilities and difficulties and find out what is easy and maybe less easy for you. There will also be time for you to ask questions and tell me anything you feel is important for me to understand about you.

## **What happens?**

Every person is different which means your assessment will be unique to you. Your parent(s) or carer(s) will have already shared some information about you. We will complete a range of activities together. You will also have the chance to tell me about yourself, your goals and what other people do that you find helpful. You can decide what to share. You can choose the order we do things and we can adjust activities so that you feel more comfortable, for example, you can complete a checklist if you don't want to speak; I can often read for you if you prefer.

## **Can I complete the assessment online?**

Working in person gives me a better sense of who you are and generally helps everything go smoothly. In certain circumstances, we might agree to complete some of the assessment online and/or decide together how we can adapt the assessment in a way that is useful and manageable. As long as a parent or trusted adult is present throughout you do not have to be on camera.

### **What happens if I get tired or need a break?**

We can pause or stop depending on what seems best for you. Sometimes a snack and/or short stretch break helps. Other times we need to stop and make a different plan.

### **How long will it take?**

Generally I allow for two sessions each of around two hours. This might feel like a long time so you are welcome to take mini breaks as we go. You can also let me know how you want to space sessions. Some people prefer to complete everything on the same day and others like to schedule sessions on separate days. If you prefer the one day option we will take a long break (at least an hour) midway through. I will leave so you can do whatever you need to recharge and/or reset. I will then come back at the time we have agreed.

### **Can someone stay with me?**

This is up to you. Often a parent, carer or trusted adult stays while we get settled. Occasionally they will stay and watch all of our work together. I will always ask that a responsible adult is at home and stays nearby in case you need their help. Pets often want to join in and I welcome all supportive, furry friends.

### **What happens afterwards?**

I write a draft report and send it to your parent(s) or carer(s). The draft report describes our work together and how other people might understand you better and support you effectively. It's really important that you talk through and think about the recommendations with your parent(s) or carer(s) so that you feel comfortable with the suggestions we are making. It's quite usual for me to speak to parent(s) or carer(s) on the phone or exchange emails at this point. If I have missed anything out or misunderstood in anyway please ask your parent(s) or carer(s) to let me know and I can make changes. It's really important you have the report you want and need for yourself. Once we have all agreed on a final version your parent(s) or carer(s) will decide which people to share it with. The report is password protected and marked 'confidential' and should only be shared with trusted people whose job is to support and help you.

I hope this helps you know what to expect and very much look forward to working with you.