



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?

I work mainly with older children, teenagers and young adults, usually in schools or colleges and sometimes at home. I have three children myself, all now at secondary school.

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. We need a quiet space with a table, preferably in one of the family rooms, where you can concentrate without being interrupted. Occasionally it is helpful to visit your school. We will always discuss and agree this together so you know what to expect.

What happens?

This is your assessment and you can help best by letting me know as much as you can about yourself as we work together. Your parents will have already shared some information about you. We will complete a range of activities designed for your age. These will usually include memory, listening and speaking and may involve pictures or text. 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 decide on the order we do things and we may change activities so that you feel more comfortable, for

example, you can complete a checklist if you don't want to speak; I can read for you unless we are assessing reading; you may want a parent to stay for some or all of the session.

What about Covid-19?

I will complete a lateral flow test before leaving home and ask that you do the same. I will arrive wearing a face mask and once we are sitting down I will take it off so that you can see my face and hear me clearly. You can wear a mask if you choose. I will clean my hands with sanitiser before we start, maintain social distancing and avoid sitting opposite you. It would be helpful if you can keep a window open to let in fresh air.

How long will it take?

We meet for two sessions, usually on separate days, which take about 2 hours each. We work at your pace and take short rest or comfort breaks. You can take a break or ask to stop at any time.

What happens next?

You have done your bit now. After we have met, I write a report that goes first to your parents. I usually speak to or meet with your parents so that they or you can ask any questions. The report includes what we would like other people to understand about you and what we would like them to do to help. Your parents will decide who these people are on the understanding that the report is confidential and only shared with people who need to know.

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

Sarah