ROOM FOR GROWTH

Psychoeducational Assessment FAQ

A guide for clients and families

What is a psychoeducational assessment?

A psychoeducational assessment helps you better understand how you learn or how your child learns. It combines measures of thinking skills, such as memory, reasoning and processing speed, with tests of reading, writing and math. The results describe learning strengths and challenges and can help identify a learning disability or clarify how attention, anxiety or other factors may be affecting learning. If concerns such as ADHD, autism or obsessive-compulsive disorder come up, we can discuss whether additional assessment is appropriate.

What are the benefits of an assessment?

A psychoeducational assessment gives you **a clear roadmap of how you learn or how your child learns**. It helps turn challenges at school or work into practical next steps.

- **Understand what's getting in the way.** Clarify what may be contributing to learning challenges or explore factors affecting daily functioning.
- **Support accommodations.** Use the report to inform an IEP or request supports like extra time or assistive technology.
- **Recognize learning strengths.** See which ways of learning work best and which strengths you or your child can build on.
- **Plan targeted support.** Get tailored recommendations for teaching, intervention or study strategies.
- **Find clarity and reassurance.** Understanding why some tasks feel harder can ease frustration and self-blame.
- **Explore funding and programs.** The report may support applications for specialized programs, bursaries or tax credits, depending on eligibility.

Booking & fees | Testing day | Process map

Booking and fees

Start with a free phone intake

I’m interested in testing. How do I know if it’s right for me?

It’s okay to be unsure. Our free intake call is a chance to ask questions and see if testing feels right for you. If your circumstances change after the call, that’s okay too. We’ll keep your information on file if you decide to move forward later. Having an intake call doesn’t commit you to testing.

Do you offer career, disability or other psychological assessments?

Yes. Psychoeducational assessment is our main focus, drawing on clinic owner Sheila Bowes’s experience as a former special education teacher with the Ottawa Catholic School Board. Our partner clinic, LifeWorks in North Bay, offers psychological, vocational (career), educational and motor vehicle accident assessments. Dr. Jeffrey Phillips has over 30 years of assessment experience. Please tell us what you’re looking for, and we’ll help you explore your options.

Do you offer DSO-specific testing?

Yes, in some cases. If you’re looking for an assessment for Developmental Services Ontario (DSO) eligibility, please inquire and we’ll be happy to discuss your needs.

Do you offer testing in additional languages?

We currently offer testing in English and plan to offer assessments in French in the near future.

Do you offer testing for non-verbal clients?

Yes. When a client is non-verbal, we cast a wider net. We use additional questionnaires, clinical observations and other measures suited to the client’s communication needs. Together, these help us build a fuller picture of how the client learns, what they do well and where they may need support.

What is the cost of an assessment?

A standard psychoeducational assessment is **$3,300, all taxes included**. Your fee stays the same even if an additional test is needed. If you’d like to discuss options for your circumstances, please reach out. For private-pay clients, full payment is due at the end of testing day.

Can I use my insurance?

LifeWorks sends private-pay clients an invoice about two days after testing to submit to their insurer. Some plans reimburse part of the fee under psychological services. Please check your coverage with your insurer before booking. If it would help, you can ask LifeWorks for a quote to share with your insurer.

Your testing day

What to expect at our Pembroke office

Is all of the testing local?

Yes. Testing takes place at **141 Lake Street in Pembroke**, beside Service Canada. Our local psychometrists administer testing under the supervision of Dr. Jeffrey Phillips, a registered psychologist with LifeWorks in North Bay. Room for Growth is the local partner site, and LifeWorks provides the assessment service.

Is there parking on-site?

Yes, there's free parking at our Lake Street office. Before your appointment, we'll email parking details, contact information and what to expect on the day of testing. If you have any questions before your appointment, please reach out.

Does a parent or guardian need to stay on-site?

Yes. If your child is under 15, please have a parent or guardian stay on-site throughout testing so we can reach you if your child needs support.

Will we take breaks throughout the testing day?

Yes. We'll take breaks throughout the day and check in regularly to make sure you or your child feels comfortable during testing. Water and light snacks are available throughout the day. Please bring your own lunch. If you'd prefer to buy lunch, there are several options nearby.

What happens if I'm sick or need to reschedule?

Please let us know as soon as you can, with 24 hours' notice where possible. We understand that life happens, and we'll work with you to find another time that works.

Who should I contact if I have additional questions?

Please email sheilab@roomforgrowth.ca or fill out the contact form on our website. I'd be happy to hear from you, and either I or our intake coordinator will follow up. We handle personal health information in accordance with Ontario's Personal Health Information Protection Act (PHIPA).

Your assessment process

1

Free phone intake

Share what prompted the assessment, describe what you've been noticing and ask any questions you have.

2

Book your testing appointment

If you decide to proceed, we can book a testing date during your intake call.

3

Attend your testing day in Pembroke

Testing takes about 4 to 6 hours at 141 Lake Street and usually begins between 9:00 and 9:30 a.m. Full payment is due at the end of the day for private-pay clients.

4

Meet with Dr. Jeff Phillips

After testing, we book a follow-up with Dr. Phillips from LifeWorks. You can meet by phone or in person in North Bay. He'll discuss preliminary findings, ask any follow-up questions and give you time to ask yours.

5

Receive your assessment report

We mail you a printed copy of the final report. It outlines strengths, areas of concern, any applicable diagnoses, and recommendations for treatment, learning supports and accommodations.