

**Tucson Neuropsychological Associates**  
**Dr. Patricia Beldotti**

**Diagnostic Assessments via Telehealth**

What is Telehealth:

Telehealth is the process of receiving services through a video meeting, phone call, and other electronic methods rather than at a provider's office. Due to Covid-19, many providers have added telehealth options to provide services in a safe and convenient method. It is believed that telehealth options will continue to be offered in the future since many patients prefer this option. Most insurance companies currently cover telehealth services (if done in part by video) but this approval is temporary for now.

What is Needed for a Telehealth Appointment:

In order to do an appointment by telehealth, the patient/family should have access to a computer, tablet, or phone to participate in the video portion of the meeting (computer or tablet would be better than phone because the screen is larger). Please check to make sure the video and audio/microphone settings are on before the meeting. You would also need a phone connection to have a call with the psychologist. Finally, if you want to complete forms and assessments online, this works best from a computer (and the Chrome browser, which can be downloaded for free). However, these can be mailed to you instead if you prefer.

It is also important that you have a private place in your home to have the phone call or video meeting with the psychologist. Ideally, this would be a room where you can close the door to block out other noises or distractions in the house (people, pets, etc.). Some people like to wear headphones during their phone or video meetings but this is optional.

What Assessments will Dr. Beldotti provide through Telehealth:

Dr. Beldotti is now offering diagnostic assessments for possible ADHD and/or Autism through telehealth for children and adults. She is also providing assessments for other psychological concerns through telehealth as well (example: depression, anxiety, etc.) when referred by a treating clinician. In addition, Dr. Beldotti provides some psychological evaluations for clearance as adoptive parents through telehealth when the adoption agency approves it.

What is Involved in an Assessment through Telehealth for Children:

Diagnostic assessments (for ADHD/Autism, etc.) for children include all of the same components when completed by telehealth as they do when done in the office. Specifically, the following procedures are included:

- A comprehensive interview with the parent/guardian by telephone or video to review history and areas of concern.
- Parent/guardian completes a comprehensive history form prior to the meeting with the psychologist. This form can be completed online or sent by mail. This information is reviewed in greater detail during the interview.
- Parent/guardian completes several psychological assessment tools that look at symptoms and areas of difficulty and strength. These can be completed online or sent in the mail. These are reviewed by the psychologist in depth.
- Older children may also be asked to complete a psychological measure that asks about their thoughts or feelings.

- Input from teacher(s) are requested through assessment tools that can be completed online (or sent in the mail). They can complete a more general input form instead or have a telephone call with the psychologist.
- The psychologist will review all records provided by the parent/guardian or other health care providers (at parent's request). Any past evaluation reports, special education plans, etc. should be provided for review.
- Interview with the child by video.
- Review of short videos provided by parents that include samples of the child's behavior (optional). Some examples may be when child is restless or inattentive while trying to complete remote learning tasks or homework, engaging in repetitive or odd behaviors, etc.
- After all the above steps are completed, Dr. Beldotti will score and interpret all of the assessments and prepare a final report that includes the results, diagnostic impressions, and recommendations. This report can be used as proof of diagnosis (when applicable) for schools or other services. The report will also include any relevant recommendations for supports and/or school services (i.e., special education, accommodations, etc.).
- Sometimes, during the course of the evaluation, it is determined that the child might benefit from cognitive or academic testing (example: possible learning disability, etc.). If this is the case, options for scheduling this will be discussed with the parents/guardian at the feedback appointment. This type of testing must be done in an office setting and cannot be done effectively through telehealth.

#### What is Involved in an Assessment through Telehealth for Adults:

Diagnostic assessments (for ADHD/Autism, etc.) for adults include all of the same components when completed by telehealth as they do when done in the office. Specifically, the following procedures are included:

- A comprehensive interview with the patient by video to review history and areas of concern. If the adult patient has a guardian, there will need to be an interview with the guardian first.
- The adult patient (or their guardian if have one) completes a comprehensive history form prior to the meeting with the psychologist. This form can be completed online or sent by mail. This information is reviewed in greater detail during the interview.
- The adult patient (or guardian) completes several psychological assessment tools that look at symptoms and areas of difficulty and strength. These can be completed online or sent in the mail. Specific instructions for how and when to complete these will be provided. These are reviewed by the psychologist in depth.
- Input from other relevant persons can also be helpful. This may be a parent, spouse, significant other, friend, roommate, etc. This will be discussed with the adult patient (and guardian) and it will be determined if input from someone else would be possible and appropriate.
- The psychologist will review all records provided by the patient or other health care providers (at parent's request). Any past evaluation reports, special education plans, etc. should be provided for review.
- After all the above steps are completed, Dr. Beldotti will score and interpret all of the assessments and prepare a final report that includes the results, diagnostic impressions, and recommendations. This report can be used as proof of diagnosis for school, work, or other services. The report will also include any relevant recommendations for supports or services.
- Sometimes, during the course of the evaluation, it is determined that the patient might benefit from cognitive or academic testing (example: possible learning disability, etc.). If this is the case, options for this will be discussed at the feedback appointment. This type of testing must be done in an office setting and cannot be done effectively through telehealth.