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COVID-19 Update for Patients & Referring Providers

The process of completing psychological and neuropsychological evaluations requires some activities that can only be completed with close proximity between the patient and psychologist (closer than the 6 feet of social distance that is recommended right now). Since we know that individuals without symptoms can still spread the coronavirus (Covid-19) to others, it would be unwise to conduct in-person evaluation tasks at this time. Attempting to complete these tasks while both parties are wearing masks (and sometimes gloves) may interfere with the process and results. Therefore, to protect the health and safety of my patients, their families, and others in my office, I have made the following practice decisions to help reduce the spread of Covid-19:

- 1) Due to the rise in Covid-19 cases in the area, all in-office appointments will be on hold until further notice. Only telehealth appointments can be completed (phone, video, online forms, online tests, etc.).
- 2) Some psychological evaluations that *do not* require in-person activities may be scheduled by telehealth, if clinically appropriate. This would include evaluations that do not require cognitive (thinking) testing. These evaluations will be completed via some, or all, of the following methods: Telephone calls, video meetings, paperwork completed at home and mailed, faxed, or emailed (secure server), and psychological testing completed online.

These include basic diagnostic evaluations for ADHD, Autism, and other psychological conditions. Although I typically include some cognitive testing in ADHD and Autism evaluations as added information, cognitive testing is not required to determine if these conditions are present and to make appropriate recommendations for services or supports. If cognitive testing is desired as a supplement to the diagnostic evaluation, this can be scheduled for a later appointment. The appropriateness of doing an ADHD or Autism evaluation by telehealth will depend on several factors that can be discussed during an intake call.

- 3) Evaluations that *definitely* require in-office assessment tasks (i.e., evaluations of cognitive functioning, intellectual functioning, academic functioning, etc.) will remain on hold until it is deemed safe to bring people back into the office.
- 4) Once evaluations are resumed in the office, stringent sanitary and Covid-prevention practices will be followed. Anyone with any symptoms of cold, flu, or respiratory illness, or who has been around someone who has been sick, will be required to reschedule their appointment.

Thank you all for your understanding as we try to keep everyone safe and healthy.

Sincerely,

Patricia Beldotti, Psy.D.