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## **Understanding Your Cognitive Profile: A Comprehensive Cognitive Assessment Pathway for Adults Using the WAIS-IV**

*Have you ever wondered why certain tasks feel effortless while others require enormous effort? Perhaps you've noticed significant differences in your abilities across different areas of thinking and learning, struggled to understand why you process information differently to others, or are seeking clarity following concerns about memory, attention, or cognitive functioning. A comprehensive cognitive assessment can provide the answers you've been looking for — offering a detailed, evidence-based picture of how your mind works. This online assessment pathway uses the gold-standard Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV) to provide a thorough and compassionate evaluation of your cognitive strengths and difficulties — administered and interpreted throughout by a skilled and experienced assessor.*

Designed exclusively for adults aged 16 and over, this pathway offers a structured, professionally led assessment experience that is fully tailored to the needs, concerns, and goals of adult clients. Whether you are seeking greater self-understanding, support in the workplace, or clarity about longstanding cognitive difficulties, this pathway provides the rigorous, compassionate evaluation you deserve.

Rather than navigating uncertainty alone, you'll be supported by a qualified professional who brings expertise, sensitivity, and clinical insight to every stage of the assessment process. The WAIS-IV is the most widely used and extensively validated measure of adult cognitive ability available, providing a rich and nuanced profile across multiple domains of intellectual functioning. Your assessor will work collaboratively with you, ensuring you feel informed, comfortable, and supported from your very first appointment through to the detailed feedback session at the end of the process. The assessment will provide a comprehensive evaluation across the four core index scales of the WAIS-IV:

- **Verbal Comprehension Index (VCI)** — measuring your ability to understand and use language, reason with words, and draw on acquired knowledge and vocabulary
- **Perceptual Reasoning Index (PRI)** — assessing your capacity for non-verbal and visual reasoning, spatial processing, and problem solving using visual information
- **Working Memory Index (WMI)** — evaluating your ability to hold, manipulate, and work with information in your mind over short periods of time

- **Processing Speed Index (PSI)** — measuring the speed and accuracy with which you process and respond to simple visual information under timed conditions

In addition to these core indices, your assessor will calculate your Full Scale IQ (FSIQ) and General Ability Index (GAI), and where clinically indicated may also administer supplementary subtests to provide an even more detailed picture of your cognitive profile. All results will be carefully interpreted in the context of your personal history, presenting concerns, and wider clinical picture.

### **What Does the Assessment Process Involve?**

Your cognitive assessment pathway will typically involve the following stages:

- **Initial consultation** — a detailed discussion of your concerns, history, and goals for the assessment, ensuring the process is fully tailored to your needs
- **WAIS-IV administration** — a comprehensive, structured assessment session during which your assessor will guide you through a series of carefully designed tasks measuring different aspects of cognitive functioning
- **Scoring and interpretation** — your assessor will carefully analyse your results, identifying your unique profile of cognitive strengths and areas of difficulty, and situating your performance within age-related normative data
- **Feedback session** — a dedicated appointment in which your assessor will walk you through your results in clear, accessible language, answer your questions, and discuss the implications of your profile for your daily life, work, and wellbeing
- **Written report** — a detailed, professionally written report summarising your assessment findings, cognitive profile, and tailored recommendations, suitable for sharing with employers, educational institutions, or other healthcare professionals as required

### **Flexible Appointments to Fit Around Your Life**

We understand that seeking an assessment shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the evaluation they deserve. All appointments are conducted securely online, removing the need to travel and allowing you to complete your assessment from the comfort and familiarity of your own environment.

### **Is This Pathway Right for Me?**

This pathway is designed exclusively for adults and a WAIS-IV cognitive assessment may be particularly valuable if you are:

- Seeking a comprehensive understanding of your intellectual strengths and areas of difficulty
- An adult experiencing difficulties with memory, attention, processing speed, or problem solving that are affecting your daily life or work
- Seeking clarification or further information following a diagnosis of a neurodevelopmental condition such as autism spectrum condition (ASC) or ADHD
- Concerned about changes in your cognitive functioning, including difficulties with memory or concentration
- Seeking a cognitive profile to support an application for reasonable adjustments in the workplace or in educational settings
- A professional or high-functioning adult who has developed effective compensatory strategies but suspects an underlying cognitive difficulty
- Seeking an assessment as part of a broader neuropsychological or mental health evaluation
- Looking to better understand the cognitive underpinnings of longstanding learning difficulties, including dyslexia, dyspraxia, or dyscalculia
- Requiring a formal cognitive assessment report for legal, occupational, or medical purposes

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial consultation to ensure the assessment is appropriate, relevant, and tailored to your specific needs and goals.

*The WAIS-IV is designed for use with adults aged 16 to 90 years. This assessment pathway is conducted by qualified and experienced professionals trained in the administration and interpretation of the WAIS-IV. The written report produced following your assessment is a formal clinical document and will be treated with the utmost care and confidentiality. If you are experiencing significant concerns about your cognitive health or mental wellbeing, we would encourage you to speak with your GP in the first instance.*