

# So you want to get an **ASSESSMENT...?**

**1**

## Have Concerns?

Do you or your child's school have concerns about your child's development or their behaviours?



**2**

## Family Doctor

Talk to your family doctor of your concerns. Tell them what you're seeing. Ask for a referral to a pediatrician.

You may have to wait weeks or months. Meanwhile gather information from school and home about your child.

**3**

## Pediatrician

Provide as much information as you can. Tell them you would like a referral to Sunny Hill for the Complex Developmental Behavioural Conditions (CDBC) program.



**4**

## Sunny Hill Health Centre

After wait list, the assessment team of Sunny Hill will conduct CDBC assessment on your child.

**5**

## Key Worker Services

As soon as your child is on the waiting list for Sunny Hill, you, a teacher, or Sunny Hill can put in a referral for a Key Worker. Key Workers can support you during and after the assessment process.



## Family notes on:

- Your child's daily living skills (dressing themselves, feeding themselves, bathing, etc.)
- What tasks does your child need help with?
- What tasks does your child need prompting for?
- Your child's sensory needs (texture, noise, smell)

## A letter of support from your school detailing your child's:

- Behaviour in the classroom
- Social skills
- Emotional regulation
- Academic abilities
- Activity level (Are they busy? Can they sit & focus? For how long?)
- How do they compare to their same-age peers?

**What should I bring to my pediatrician's appointment?**

**How do they assess?**

**How long is the wait list for an assessment?**

The assessment starts by Sunny Hill sending you questionnaires for home and school about your child.

Once those are complete, you will have meetings over several days with the assessment team.

On the final conference, you can bring your support people such as your Key Worker.

Share the assessment results with your school team once the assessment is complete.

**Typical waiting time for CDBC assessment is 1-2 years.**

If you have extended benefits, or qualify for Jordan's Principle, consider paying for a private assessment.