

Cognitive Health in Older Adults

When changes in memory
or thinking become more
than just ageing.



Getting Started

You can request a referral from your GP, specialist, or treating psychologist for a neuropsychological assessment.

Assessments follow best-practice standards and are conducted by Dr Elissa Klaassen, Clinical Psychologist and Clinical Neuropsychology Registrar.

Fees

Fees are charged in line with the Australian Psychological Society (APS) recommended rate.

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Promoting Cognitive Health

Cognitive wellbeing can be supported through:

- Staying socially connected
- Regular physical activity and good sleep
- Managing health such as blood pressure, cholesterol, and diabetes
- Eating a balanced, Mediterranean-style diet
- Reducing alcohol consumption
- Keeping the mind active through reading, puzzles, or new learning

Small, consistent habits can make a lasting difference.



What Is a Clinical Neuropsychologist?

A Clinical Neuropsychologist specialises in understanding how changes in the brain affect thinking, behaviour, and emotion. They use evidence-based assessments to evaluate abilities such as memory, attention, language, reasoning, and problem-solving.

A neuropsychological assessment can help identify whether changes are part of normal ageing, mild cognitive impairment, or a neurodegenerative disorder, and provide practical strategies for everyday life.

At Nudge Psychology, these assessments are conducted by Dr Elissa Klaassen, Clinical Psychologist and Clinical Neuropsychology Registrar.



When to Seek an Assessment

A referral for a neuropsychological assessment may be helpful if you or someone you care about is experiencing:

- Noticeable changes in memory, language, or concentration
- Difficulty following conversations or completing familiar tasks
- Increased forgetfulness or confusion
- Problems managing finances, medications, or appointments
- Changes in mood, personality, or decision-making
- Cognitive changes following stroke, head injury, medical illness, or mental health (psychiatric) diagnosis.

Early assessment helps clarify what is happening and guides treatment, support, and future planning.



How a Neuropsychologist Can Help

Assessment can:

- Differentiate normal ageing from mild cognitive impairment or dementia
- Clarify how neurodevelopmental, neurodegenerative, psychiatric or neurological factors affect thinking and daily functioning
- Provide strategies to support independence and wellbeing
- Offer guidance for families and healthcare professionals in planning ongoing care

Each assessment includes a feedback session and a written report in clear, practical language.