

About Multi-disciplinary Assessments

Why are multi-disciplinary team (MDT) assessments conducted?

Assessments are conducted for different reasons. For example:

- To understand a person's profile, strengths and needs
- To understand behaviour and behaviour support needs
- To inform any supports, therapies and services a person may need
- To identify any mental health needs and supports
- To guide staff on how a person is best supported.

Who conducts MDT assessments?

Two or more clinicians conduct MDT assessments, this could be any combination of speech and language therapist, psychologist, occupational therapist, physiotherapist, social worker or behaviour specialist. Who is involved depends on the reason for the assessment and each person's needs.

What is involved in MDT assessment?

Assessment may involve;

- Review of health files
- Clinical and medical history
- Meetings with the adult, and/or with parents or caregivers, and/or staff
- Observations of the person
- Questionnaires or checklists, these may be completed with the person or their supporters, such as family or staff
- Direct assessment with the person such as communication assessment, cognitive assessment or physical examination.

Sometimes many or all of the above are needed, sometimes only one or two are needed, depending on the person and the reason for assessment.

Multi-disciplinary Assessment

How long does an assessment take?

Depending on the assessment type, assessment may take two or three appointments or may take many appointments over several months.

What are the possible outcomes of the assessment?

Depending on the assessment type the possible outcomes are:

- Outlining the person's profile, strengths and needs
- Identifying needs for supports and services
- Guidance for staff on how the person is best supported
- Identifying specific needs e.g. behaviour or mental health and supports needed
- Identifying needs for specialized assessment

Depending on the type of assessment, assessments may result in

- Feedback meetings with the person, and/or family and/or staff
- Support plans for specific needs e.g. behaviour
- Written reports
- Referral for further supports or services.

What happens next?

You will get a date for the first appointment. The letter will say which clinicians you will meet.

At the first appointment the clinician(s) will explain the assessment to you and how many appointments may be involved.

Some people like to write down thoughts, ideas or questions they have before the appointment. You can do this if you want to, or ask a supporter to help you. You can also decide not to write anything down.

There are no right or wrong answers in assessment meetings, clinicians are trying to understand the person as best we can. You might not know or have an opinion about some of the things clinicians may ask, that is okay too.

Please ask the clinicians any questions you may have.