



Elysia Benedict, PhD

215 North Olive Street - Suite 101 - Media, PA 19063

Mailing Address: 105 Rutgers Avenue #420 - Swarthmore, PA 19081

Phone: (484) 442-0141 - Fax: (610) 595-9724

Web: www.elysiabenedictphd.com - Email: elysiabenedictphd@gmail.com

How can a neuropsychological evaluation be helpful in the clinical management of adult/geriatric patients?

- Characterize current cognitive and emotional functioning with the use of well-established standardized assessment instruments
- Clarify diagnosis and help differentiate between conditions (e.g. dementia versus depression; assist with dementia subtyping)
- Allow for the continued monitoring of cognitive functioning, particularly in cases of mild cognitive impairment or chronic underlying medical/neurological conditions
- Provide recommendations regarding treatment planning, medication, further medical testing, driving ability, academic accommodations, and general daily functioning, as well as include specific behavioral modifications or compensatory strategies that may assist with cognition and mood

Common referral questions:

- Subtyping dementia (e.g. vascular, Alzheimer's, mixed dementia, Parkinson's, FTD, LBD, etc.)
- Differentiating between psychiatric and neurological conditions (e.g. depression/anxiety versus dementia, sequelae of concussion versus persisting neuropsychiatric symptoms, etc.)
- Establishing a cognitive baseline when there are concerns about early dementia or if there is another diagnosed progressive condition with neurological/psychiatric/cognitive symptoms
- Characterizing cognitive functioning following an injury to the brain (e.g. post-stroke, TBI, concussion, etc.)
- Assess for ADHD/learning disabilities/intellectual disabilities

About Me:

I am a board-eligible clinical neuropsychologist in private practice located in Media, PA as well as in Newark, DE where I work closely with neurologists within the Christiana Care Health System. I obtained my PhD in Clinical Psychology from Long Island University, and completed my pre-doctoral internship at the Milwaukee VA Medical Center and two years of post-doctoral fellowship specializing in neuropsychology at Weill Cornell Medical Center and within a private practice at Associates for Neuropsychology and Behavioral Health. I am an in-network provider with Medicare, Medicaid, IBC, Optum, Traditional Highmark BCBS, and Aetna. My network participation is frequently expanding, and I will contact your office with updates as necessary. I am typically able to schedule patients with minimal wait time, and my reports are completed within one week.

I have worked with diverse populations in a number of renowned medical facilities and outpatient practices throughout my training and early career, including working with a broad range of ages, medical conditions, and psychiatric conditions. As such, I feel that I could provide a valuable diagnostic/treatment planning service to this practice given the wide range of patients and presenting problems that you likely see.

I look forward to establishing a working relationship with your group and hopefully adding valuable information that will help in the care and treatment of your patients. I am also happy to discuss what would be most clinically useful for your practice as far as neuropsychological evaluation reports and general communication of test results; I can adapt my format to best meet your needs, as I certainly understand the need for timely communication of relevant findings and diagnostic impressions, and hope to convey such information in the most efficient manner possible.