

# Brea Thornton Occupational Therapy



## What is a functional capacity assessment (FCA)?

A functional capacity assessment evaluates a person's ability to perform daily tasks in all areas of their life. For example, at home, at work, and in the community. This helps the NDIS better understand your goals, strengths, and challenges or impacts of your disability or mental health conditions.

Functional capacity assessments cover six main areas but are not limited to:

- Mobility
- Communication
- Learning (cognition)
- Social interaction
- Self-care
- Self-management

## Why have I been asked to get an assessment?

A functional capacity assessment helps you, your supports, and the NDIS better understand your support needs. This includes making recommendations about supports to help you achieve your goals and that may be funded by the NDIS.

The NDIS will often request functional capacity assessments in the following situations:

- This is your first NDIS plan or you haven't had an opportunity to use your NDIS funding.
- There is a change of circumstances in your life (such as moving out of home, graduating school, starting employment, or a change in your supports).
- You require or are requesting more support

## Who completes the assessment?

Functional capacity assessments are typically completed by occupational therapists (OTs). OTs are allied health professionals who specialise in supporting individuals to participate in the everyday occupations of life, including self-care, leisure, and productivity. OTs don't just assess the individual person and consider their environment and other factors that affect their ability to complete daily activities.

## What should I expect from an assessment with you?

The assessment process includes:

- Talking with you and your supports (such as family members or other professionals) to get to know you. This includes questions about your interests, daily routine, current support network, and goal setting.
- Completing standardised assessments to better understand your strengths, challenges, and support needs. This includes questionnaires and rating scales specific to you and your needs.
- Completing a daily activity together relevant to your goals. This can be anything from cooking a meal, grocery shopping, self-care tasks, writing a resume, or social activities in the community. This will depend on your individual goals and what areas are the most helpful to assess or gather more information.

A report is then completed that summarises all of the information from the assessments and makes recommendations about supports that can help you work towards your goals.

## Frequently Asked Questions

*Do I get to see my report?*

- Yes! I will always discuss the report with you first before finalising it and sending it to the NDIS.

*How long does this take?*

- It depends. Assessments are typically completed over at least three separate sessions which range from 60-90 minutes. Travel and report writing will vary based on the complexity of your situation.

*Does the NDIS fund everything that is recommended?*

- Sometimes. Occupational therapists recommend supports that we believe are beneficial and reasonable using evidence-based practice. The NDIS has its own criteria to determine what is “reasonable and necessary” to what they will fund or not.

*Does this include a housing assessment or equipment?*

- Some functional capacity assessments may include housing. I specialise in mental health and neurodivergence. I do not provide housing or equipment assessments.

**Please contact [brea.ot@outlook.com](mailto:brea.ot@outlook.com) or 0466 675 884 for more information**

**or if you have any questions.**

