



# FUNCTIONAL CAPACITY ASSESSMENTS

## What is a Functional Capacity Assessment?

*Functional capacity* refers to the ability to do daily tasks, such as showering, cooking and being out in the community.

A Functional Capacity Assessment (FCA) encompasses an initial assessment and the written report on a person's abilities in activities of daily living in the home and community and offers recommendations about their support needs. An FCA is usually completed by an Occupational Therapist (OT). Outside of the NDIS, an FCA is often referred to as a Functional Assessment or OT Functional Assessment.

**NOTE:** It is not to be confused with a Functional Behaviour Assessment (FBA).



## WHY IS IT IMPORTANT?

A Functional Capacity Assessment is often needed for the NDIS plan development, funding and review process. It provides evidence of your capacity to do daily activities. It can support the NDIS application or review process. Functional assessments are also used outside of NDIS-related situations to determine a person's baseline level of function in daily living and guide therapy and skills development.

## WHAT IS THE PROCESS?

During a Functional Capacity Assessment, an Occupational Therapist will usually come to your home or natural setting and gather information about your goals and any difficulties faced with communication, social interaction, learning, mobility, self-care and self-management in daily living. This can be through:

- Interview of you and your caregivers
- Observation of you in your natural environment
- Implementation of standardised questionnaires and assessments, such as the Adaptive Behaviour Assessment System (ABAS-3) or Sensory Profile
- Review of existing supports
- Review of written reports

A detailed report will be written based on the information gathered.

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TO BOOK PLEASE CALL FABIC  
**07 5530 5099**



## ANNIE TRAN

*Occupational Therapist*

Annie has been working as an Occupational Therapist since 2003 in a variety of government, non-government and private clinical settings across the fields of adult and adolescent mental health, occupational rehabilitation, paediatrics, community development, behaviour and disability. Annie offers a sensitive and caring approach to understanding people's needs and, coupled with a natural precision for detailed assessment and report writing, she has supported many people to access necessary daily living supports.



## When may I need a Functional Capacity Assessment?

- When first applying to access the NDIS
- When access to the NDIS has been approved
- When your circumstances or support needs have changed, requiring review of your current funding
- When the nature of your disability changes, impacting on daily function and support needs
- To gain an understanding of functional capacity to guide service provision and skills training

## WHAT IS IN A REPORT?

A written report follows a thorough assessment that:

- Provides evidence of your current ability, disability and/or functional capacity
- Describes the impact of your current ability and/or disability on your day-to-day living
- Identifies your support needs by describing daily tasks you can do by yourself and what you need assistance with
- Recommends supports to improve your daily living and helps you achieve your goals

## HOW LONG DOES IT TAKE?

An initial interview and home visit may take up to three hours. The entire assessment and reporting process usually takes up to 15 hours and varies from client to client, depending on the purpose of the assessment and complexity of a person's situation.

## COSTS

Costs vary depending on each person's needs and are based on the clinician's standard fee (contact FABIC for details).

To book a Functional Capacity Assessment or for inquiries about FABIC services, please phone (07) 5530 5099 or email [info@fabic.com.au](mailto:info@fabic.com.au)

For further info visit [fabic.com.au](http://fabic.com.au)

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