

Functional Capacity Assessments (FCAs)



What is a Functional Capacity Assessment (FCA)?

A Functional Capacity Assessment (FCA) is an evaluation designed to assess an individual's physical, cognitive and functional abilities in relation to daily activities. It helps determine a person's capacity to perform tasks independently, or the support that is required.



Why is an FCA conducted?

Within the NDIS space, FCAs are conducted for three main reasons:

- Determining the amount of funding a person needs to live safely in their home, particularly when insufficient funding has been funded by the NDIS.
- To assist with a change in housing situation. FCAs are always required when a person with NDIS funding moves into alternative accommodation.
- To establish a baseline for skill building.



What Does an FCA involve?

The assessment typically includes:

- Observations of daily living tasks
- Interviews with relevant stakeholders
- Review of reports by other professionals
- Undertaking assessments appropriate for the individual's diagnosis



How to prepare for an FCA?

To ensure an accurate assessment, clients should:

- Have a stakeholder present who can help you. This might be a family member or a support worker who knows you well.
- Provide any reports that will help your OT understand your history.
- Connect your OT with other health professionals who know you well.
- Make sure you share what your life is like on your 'worst day' rather than when you're at your best. This helps us make sure we ask for accurate supports from the NDIS.

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Speak to your Occupational Therapist for more information

FCA's Cont....



What happens after the FCA?

Following the assessment, the results will be reviewed, and a report will be provided. This report may include:

- A summary of the functional impact of a person's disability on activities of daily living.
- Recommendations for the support needed by the individual.
- You may choose to engage in ongoing therapy or receive other services.

These reports are typically lengthy and deficits focused in nature and this can be confronting to read. The NDIS is reliant on this information for decisions relating to funding and therefore it is important that all potentially relevant information be included.



Do I need an FCA or a Summary/Progress Report?

FCAs are necessary if you're seeking substantial changes to your NDIS plan such as including an AT or home modifications after a plan review. If you are just seeking a similar amount of funding, a progress report might be sufficient.



What is a Summary / Progress Report?

These terms are often used interchangeably. A summary report outlines the changes over time within a period of therapy, and may include outcome measure tools. The NDIS requires all providers to provide a progress or summary report at the end of the NDIS plan period to justify the funding used and to establish the need for ongoing therapy in the following NDIS plan. It is important that this is booked in approximately three months prior to your NDIS plan review so that sufficient time is available for your therapist to write up the summary report.

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For further inquiries or to schedule an FCA, please contact us at www.mytherapycrew.com.au

