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Functional Capacity Assessments

Purpose: This document has been created for NDIS Participants, their families and their support team to educate them on what Functional Capacity Assessments are, how the team at Equipt To Thrive conduct these assessments and what to expect both on the day and after the assessment.

Disclaimer: Equipt To Thrive is a private organisation that works under the NDIS framework to support NDIS participants to present evidence to the NDIA to make decisions about funding Reasonable and Necessary supports. As such, we are not the 'decision makers' and our role is to advocate for your needs to the best of our ability and provide you and your team education on where you may or may not meet eligibility criteria under the NDIS framework for certain funded supports. Ultimately, it is the NDIA who makes decisions on what they will and will not fund in your NDIS plan.

What is a functional capacity assessment?

A functional capacity assessment is when an Occupational Therapist (OT) or Physiotherapist (PT) attends your home to get to understand your unique needs, from both a physical, sensory and cognitive perspective.

The assessment will draw on other medical and allied health reports, observations on the day of assessment, results from standardised assessments, collateral information from those who support you and to form evidence for any clinical recommendations the therapist may have.

This document then accompanies any others that may be relevant for an upcoming NDIS Planning Meeting to review your NDIS plan funding.

What should I expect on the day?

The Occupational Therapist or Physiotherapist will usually visit your home for around **2 hours** (give/take) on the day of the assessment. They will introduce themselves to you and those present and explain what they are there to do. If this length of time is too much for you, just let the OT/PT know (or our receptionist when booking) and we can do the assessment in a staged process and/or gather information by phone/email if you are easily fatigued, triggered or otherwise have a hard time being present for the 2 hours.

The Therapist will usually sit down with you and those present to have some discussions about your medical and social history, gather some history about your current housing circumstances and any challenges you may be having, including who you live with and what support you may receive to complete daily tasks. They will also gather information from you about what is important to you about your living circumstances and where you see yourself long term – this is your life so they would LOVE to know how best to advocate for your preferences.

The Therapist may ask you to participate in some physical tasks that you might do on a daily basis such as showing the them how you move your body, how you use your equipment and how you complete your daily

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