

Functional Capacity Assessments

What are they?

A Functional Capacity Assessment (FCA) is a type of assessment that helps to identify someone's ability to perform their activities of daily living. This includes communication, social interaction, learning, mobility, self-care, self-management and social and economic participation. An FCA can help to identify the challenges and barriers a person may experience in completing their activities independently due to their impairments, and outline what support they may require.

Why do I need one?

FCAs are conducted for a number of reasons, but are usually at the request of the NDIS.

They can be used for:

- Upcoming plan reviews
- Changes to your circumstances (e.g., informal caregiver changes, a decline in function)
- To obtain SDA or SIL funding



What is involved in a FCA?

- Face-to-face interviews with you and the people who support you
- Observation and analysis of you completing your tasks in your home
- Completion of relevant standardised assessments
- Observation and analysis of you at school, work, in the community, or at one of your group programs (if required).

How long does an FCA take?

The duration of a FCA varies for each person, and is influenced by:

- The complexity of a person's disability, associated impairments and environments
- The number of required home and/or community visits to enable the clinician to obtain all relevant and important information to provide evidence of supports.

