

# Functional Capacity Assessments FAQ



## What is a Functional Capacity Assessment (FCA)?

This assessment measures how someone functions in all aspects of their daily life, and describes ongoing care, support and therapy needs which can be supported by the NDIS.

The information is used to guide therapy goals and access supports needed within each client's NDIS plan and therapy process.

## What does the FCA involve?

Client and/or carer meets their clinician to complete the standardised assessment and to discuss goals for the upcoming NDIS plan.

The clinician then scores the assessment, interprets the results and writes the report.

The report is provided to the client and the NDIS and is used to assist NDIS decisions on type and level of funding / support for the new NDIS plan.



## Why is this different to my last NDIS progress report?

Previously, the Progress Review Report involved a review discussion and a report writing session to detail goals, progress, and recommendations for the upcoming NDIS plan.

The new FCA process involves a standardised assessment with additional time to score the assessment and write a comprehensive report.

The report summarises assessment findings, progress on goals and recommendations for ongoing therapy and supports in the new NDIS plan.

## Can I choose whether to have a FCA as part of my NDIS plan review?

Our research has identified that the NDIS are now requiring FCAs as part of NDIS Progress Reports and Plan reviews.

Therefore, from June 2022 all of our progress reviews will include one or more standardised FCAs to ensure we provide the best data we can to the NDIS about each client.

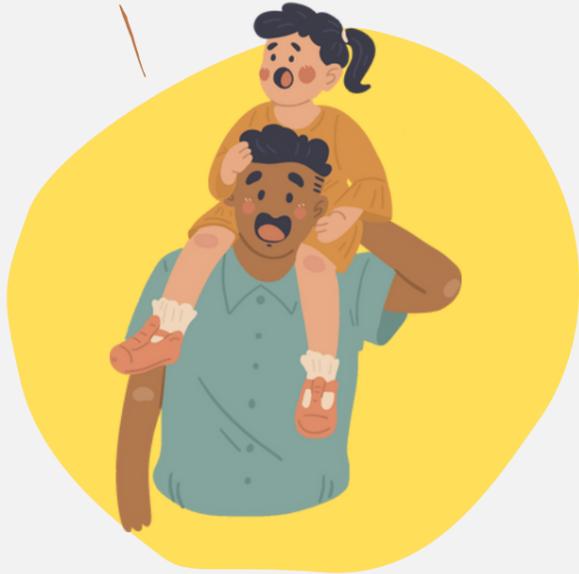


## Too many reports! Can't I just use my initial assessment report instead of a FCA?

The initial assessment report describes your current situation and outlines your therapy plan. It doesn't include details on progress or recommendations for ongoing support from the NDIS.

Your clinician may complete a FCA during the initial assessment process to guide their therapy program. However, this initial report doesn't focus on evidence for ongoing support and using it for a review may impact on funding allocations in your new plan.

# How long does a Functional Capacity Assessment (FCA) take?



**The FCA takes up to 8 hours to complete and is in 3-4 parts.**

Before we start the FCA, we need a copy of your NDIS goals from your current funding plan.

If you are not currently accessing active services with us at DWSP, we'll require an additional 30 minute phone call prior to starting the FCA, to update on current issues.

## Part 1: Assessment and Scoring (2 hours)

Your therapist will select and complete 1-2 standardised assessments to complete with you.

You will spend time discussing your current progress and new goals with your clinician. Your clinician will also begin to score out the assessments.



## Part 2: Scoring, Interpreting and Reporting (2 hours)

You are not required to attend this session. Your clinician will spend this time scoring the assessment, interpreting the results and writing up your report.

Your clinician will link the scores to your current goals and the supports requested in your new NDIS plan.



## Part 3: Community visit, booked if required (2 hours + travel)

Your therapist will make a clinical judgement as to whether a community (home, school) visit is required as part of the FCA.

Information and observations from this visit will form part of the supporting criteria and will be added to the report.



## Part 4: Feedback Phone Call (30 mins)

The FCA process can sometimes be confronting or challenging when we focus on progress or future goals.

The feedback phonecall is an opportunity for you to ask any questions you may have about the FCA. It is also a time to speak with your clinician about the outcomes of the assessment, and the recommendations provided in your NDIS report.

