

# Preparing for Your Functional Capacity Assessment

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## **You do not need to prepare perfectly.**

The aim of an FCA is to understand what everyday life actually looks like for you, including what you manage independently and where you need support.

### **Before your appointment**

If you have them, it can help to send:

- your current NDIS plan
- previous OT or allied health reports
- relevant medical or specialist reports
- information about your current supports

Do not worry if you do not have all of these. We can tell you what information would be useful.

### **Think about a normal week**

You do not need to write answers down, but it can help to think about:

- What do you manage independently?
- What do other people remind you to do?
- What does someone else organise for you?
- What tasks do you avoid or put off?
- What takes much longer than it should?
- What leaves you exhausted afterwards?
- What happens when your routine changes?
- What would not happen if nobody helped?

### **Why these details matter**

Being physically or technically able to do something is not always the same as managing it independently.

For example:

**You can cook, but someone else plans the meal and gets you started.**

**You attend appointments, but someone else books them and reminds you.**

**You can clean, but become overwhelmed deciding where to start.**

These details help your OT understand your functional capacity.

### **Can someone come with me?**

Yes. If you want them involved, a family member, carer, support worker or another person who knows you well can help provide information.

We only seek information from other people with your consent.

### **What happens after the appointment?**

Your FCA can involve more than one appointment.

Your OT may also review reports, score assessments, gather information and complete the written report.

We will explain the next steps for your assessment.

### **Questions?**

If you are unsure what to bring or send, contact us before your appointment.

You do not need to have everything organised before we start.