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What a functional capacity assessment is

It’s an official assessment

A functional capacity assessment is an official assessment that looks at your ability to perform daily tasks at home, at work and in the community.

Occupational therapists, physiotherapists, psychologists or medical specialists do the assessment. They must be qualified to make the assessment.

It’s split into 6 areas

Your treating health professional will evaluate your ability across 6 categories to assess your functional capacity. These categories are:

- communication
- learning
- mobility
- self-care
- self-management
- social interactions.

What a functional capacity assessment is for

It can support eligibility

You don’t have to do a functional capacity assessment to be eligible for NDIS. But it can be helpful to give us evidence about how your permanent impairment reduces your functional capacity.

You, your treating health professional or a carer can also provide evidence of how your disability impacts your everyday life.

It can help determine the support you need

We use the information from your functional capacity assessment to determine what kinds of NDIS supports you need in your plan.

This might include recommendations for assistive technology, specific therapies or modifications to your home or workplace.

What a functional capacity assessment is like

A functional capacity assessment can look different depending on your disability.

It takes time

The time it takes to complete an assessment will depend on the health professional you use and your disability. It can take anywhere from 1 hour to 10 hours.

Ask your treating health professional how long it will take before it begins.

Your treating health professional will look at your ability to perform tasks

Examples of what might be assessed include:

Personal care

Dressing, bathing, grooming and going to the toilet.

Mobility

Your ability to move around independently, as well as using mobility aids.

Communication

Your ability to communicate through speech or writing.

Working

Your ability to perform work-related activities like lifting, carrying or typing.

Leisure and social activities

Your ability to engage in hobbies, sports and social activities.

Cognitive function

Your ability to perform tasks that require thinking, memory and decision-making.

Related information

What is supporting evidence

What are NDIS supports

What is an NDIS partner

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