



# FUNCTIONAL CAPACITY ASSESSMENTS



A Functional Capacity Assessment (FCA) evaluates a person's ability to perform tasks within and around the home and in the community.

## WHAT IS AN FCA?

FCAs are typically for people facing challenges with performing or completing tasks around self-care, mobility, communication or other daily activities. Challenges may relate to intellectual disability; autism; neurological, musculoskeletal, congenital or degenerative conditions; the ageing process; or a traumatic brain injury.

Examples of tasks covered by FCAs:

- Showering and other personal hygiene tasks
- Using stairs/steps
- Cooking and eating/drinking
- Moving around the home, yard or community
- Getting into and out of bed
- Social interaction
- Or any other daily task or activity.

## OUR FCA SERVICE

Our experienced assessors work across the greater metropolitan Adelaide and Barossa Valley regions. We can provide assessments to clients of all ages and stages of life.



## FUNCTIONAL CAPACITY ASSESSMENTS CAN ASSIST WITH:

### Insight

Providing valuable information and insight into the functional capacity of you or the person you're supporting.

### Planning

Planning and decision making around what supports, tools or modifications, if any, may assist the person being assessed, to improve their functional capacity.

### Support

Empowering clients, caregivers and support teams around daily living tasks and accessing the community, and improving quality of life for individuals.

## Get in contact:

Phone: 1800 ELCIES (1800 352 437)

Email: [elcies@lutherancare.org.au](mailto:elcies@lutherancare.org.au)

## Find out more:

[lutherancare.org.au/elcies](http://lutherancare.org.au/elcies)

Live your possibilities with Elcies! Elcies is your local allied health and disability service provider in South Australia. We provide South Australians of all ages with quality, evidence-based services such as Functional Capacity Assessments, Positive Behaviour Support, Psychology and Speech Pathology.

Elcies is a registered NDIS Provider\*. We provide supports and services to our clients built on trust, respect and equality, embracing diversity and valuing the experiences of everyone within our shared community.

We are proudly part of Lutheran Care, which was founded here in South Australia in 1969.

Our multi-disciplinary team of experienced practitioners have a diverse range of expertise areas, including developmental education, positive behaviour support, speech pathology, psychology, teaching, social work and counselling.



## WHAT IS THE FUNCTIONAL CAPACITY ASSESSMENT PROCESS?

A Functional Capacity Assessment (FCA) is conducted over 1:1 sessions with an experienced assessor. These can generally take 4-6 hours, depending on need.

Whilst sessions are typically conducted with the individual the assessment is for, they may also include those most important in the person's life if relevant. Sessions can take place across multiple locations and environments if needed.

### Functional Capacity Assessments can look at:

- self-care
- sensory profiles/needs
- communication
- social interaction
- learning
- self-management.
- cognitive functions
- physical functions, including mobility and/or motor skills
- assistive devices or technologies
- work, community and/ or educational activities
- caregiver capacity and wellbeing.

## FCAS AND THE NDIS

Functional Capacity Assessments are funded through the National Disability Insurance Scheme (NDIS).

As per the NDIS Pricing Arrangements and Price Limits guide, FCAs utilises the following NDIS funding lines:

- Capacity Building
- Capital Support

Travel fees may apply.

\*Elcies is the sister service of Lutheran Community Care (Lutheran Care), a registered NDIS Provider.

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