

## What is involved in an application to join the NDIS as a participant?

Applying to join the NDIS does require a lot of time and effort to gather evidence that confirms your eligibility and that your ME/CFS/Long Covid is causing a substantial reduction in your functional capacity.

The first part of the process is to secure a clear diagnosis of ME/CFS/Long covid from your treating Dr(s) which is clearly linked to the NDIS impairments, and which states your condition is permanent and that you have tried all treatments suggested without any significant improvement.

I always recommend that you start with the Emerge resources which step you through the process of applying to the NDIS, see link below:

<https://learn-ea-bhc.trainercentralsite.com.au/course/applying-to-the-ndis#/home>

## What is involved in a Functional Capacity Assessment with an Occupational therapist?

A Functional Capacity Assessment (FCA) helps me to understand how your disability affects your daily life and quality of life. I use this information to write a report supporting your eligibility for the NDIS and/or ongoing support needs.

Fees: You will be sent a quote outlining the fee before the FCA process is started.

The assessment requires the following stages.

### Interview

- Conducted via Telehealth over 1–3 hours across several appointments.
- Focuses on how your condition impacts the NDIS functional domains below:
  1. Mobility - moving about your house and community
  2. Communication - understanding others and expressing your needs
  3. Social interaction - connecting with others
  4. Learning - taking in new information, making decisions, remembering
  5. Self-care - looking after yourself, e.g. eating, dressing and hygiene
  6. Self-management - organising yourself, your home and finances

**Your impairments must substantially reduce your ability to perform tasks in one or more domains, often requiring help or equipment.**

### Questionnaires

- Electronic questionnaires about your daily functioning will be sent via email.
- Can be completed slowly, in parts, or with support.

## **Observation**

- I may ask to observe you performing simple tasks during online appointments or provide photos of your home.
- This helps me to understand your functional capacity and provides evidence which can be attached to the report.

## **Carer's Statement**

- A statement from someone who supports or lives with you.
- Describes the impact of your reduced functioning on them and their ability to help.

## **Report Writing**

- I then bring all the information together and create a detailed report.
- Time taken depends on complexity, but it is usually around 10 hours.
- You will be sent an invoice for the FCA.

## **Feedback**

- Provided via Telehealth and email.
- I will discuss the report and recommendations and answer any questions.
- Draft report sent for your review and corrections.