

NDIS Functional Assessments: What's Changing in 2028

From 1 January 2028, NDIS access will be based on your functional capacity — how your disability affects everyday life — rather than diagnosis alone. This affects both new applicants and existing participants. Understanding what a functional assessment involves now will help you feel prepared and confident when the time comes.



Person-centred support, focused on independence and everyday life.

The NDIS is changing how it determines who is eligible for support and how needs are funded. From 1 January 2028, access will be based on a person's functional capacity — how their disability affects everyday life — rather than diagnosis alone. This applies to both new applicants and existing participants, with current participants reassessed over a transition period.

What is a functional assessment?

A functional assessment looks at how a person's disability affects their ability to carry out everyday activities and take part in meaningful roles. Rather than focusing on deficits, it builds a clear picture of strengths, barriers, and the supports that help someone live more independently

— across areas including personal and self-care, domestic tasks, mobility and community access, social participation, education and employment, and cognitive and emotional functioning.

Why it matters

A well-evidenced assessment provides objective, real-world information about how disability affects daily living. This helps inform fair NDIS planning decisions and supports requests for **assistive equipment, home modifications, therapy, and support workers**.

How FitCare can help

FitCare does not provide functional assessments directly — these are completed by a qualified occupational therapist (OT). What we can do is **help you understand the process and connect with the right OT**. If you don't already have one, we can provide information and assist you in finding or arranging a referral to a suitable occupational therapist, so you feel supported every step of the way.

How to prepare

A little preparation goes a long way. Before your assessment, it helps to:

- 1 Reflect on your daily routine and note which activities are challenging or need assistance.
- 2 Think about your goals and what you'd like to achieve with NDIS support.
- 3 Gather relevant medical reports or previous assessments.
- 4 Invite a family member, carer, or support person to attend for additional insight.
- 5 Be open and honest about your needs, including on more difficult days.

A note on cost

We recommend requesting a quote from your occupational therapist beforehand. Costs typically cover assessment time, travel where applicable, and report writing. For existing participants, this can often be funded through your current plan, subject to approval.

Moving forward with confidence

Change can feel uncertain, but you don't have to navigate it alone. If you have questions about functional assessments — or you'd like help finding an occupational therapist — the FitCare team is here to point you in the right direction with professionalism, empathy, and a strong commitment to your independence and goals. Please get in touch.

This article is for general information and reflects NDIS directions as of 2026. Please refer to official NDIS communications for the latest requirements.