

# FACT SHEET: Acacia Therapy Functional Assessment

## WHAT IS A FUNCTIONAL ASSESSMENT AND REPORT?

A functional assessment aims to provide a snapshot of a person's daily functioning, routines, environments and supports they require. This assessment is often utilised, along with other clinical professionals' recommendations, to articulate a client's current support requirements as well as looking into the future to assist in guiding a person towards pursuing their goals.

## WHAT SHOULD I EXPECT FROM THE APPOINTMENT?

The functional assessment itself typically takes between 2-4 hours across a number of sessions to gather high quality, diverse information, about a person's life, both through interviewing and functional observations. Typically, service provision is a 2-hour interview with the ability to schedule follow up appointments in the home or community if required.

Due to the detail required by this report, it will take six (6) hours for the occupational therapist to complete your report. This takes the total cost of the assessment and report to up to \$1,900.

- **Introduction and goal setting**

Therapist will introduce themselves, what occupational therapy is and the goals outlined during referral processes. All participants are welcomed including the client, informal supports, formal support workers, support coordinators, family members and any other relevant stakeholders who are present at the appointment.

- **Functional interview**

Initially, therapist's will conduct an interview to develop a working understanding of the client's disability history, education and work experience, living situation and interests.

- **Home based functional observations**

Therapist will then work through a suite of standardised and non-standardised assessments, selected based on their clinical knowledge. Assessment areas include self-care routines, domestic tasks, cognitive and sensory screens, gross motor and fine motor assessments. Some examples of observation opportunities which the therapist may request could include: requesting client's to complete information forms, read a bill, complete money handling, put on a jumper, or operating a telephone.

- **Community setting functional observations**

Depending on the information requested by referral sources and clinical observations made throughout the assessment, further functional observations of the client may be required in the community setting. This could include observing the client completing simple grocery shops or using public transport. Please note, functional tasks including grocery shopping and public transport will not be conducted during the COVID 19 pandemic.

- **Report writing**

After interview and observation information has been gathered, the therapist will collate information to write the functional assessment report. This report details all the

information gathered, clinical interpretations of functional performance and finally makes recommendations for areas that may include support hours, capacity building, assistive technology and/or other referrals.

## TELEHEALTH SETTING

Telehealth is a form of service delivery that is an evidence-based delivery system proven to provide similar therapeutic outcomes as face-to-face appointments with the additional benefits of greater client convenience and reduced social contact between people during the COVID-19 pandemic.

Telehealth consultations are virtual appointments conducted over the phone or via video conferencing. At Acacia Therapy we use CoviU as our video conferencing system. CoviU is a secure platform that can be used from most devices including PC, laptop, iPad or mobile device to speak to an Acacia Therapy staff member via video.

Please note, ***to engage in Telehealth a second person is usually required to attend the appointment physically with the client to support their use of technology and hold the camera during functional observation opportunities.*** Ideally if this person is familiar with the client, then information gained from them during this process will also be valuable. Please refer to telehealth fact sheet and Acacia Therapist website for further details regarding telehealth service provision.

Assessment in Telehealth provision is slightly different with the following process:

- Intake referral with questionnaire regarding appropriateness for telehealth appointments and required technological capacities.
- Initial appointment via videoconference (1.5 hrs): Functional interview
- Follow up appointment via videoconference (1.5 hrs): Functional observations
- Report writing (6hr): as outlined above

If you have any questions or concerns regarding the use of Telehealth or the functional assessment, please feel free to contact Acacia Therapy at [info@acaciatherapy.net](mailto:info@acaciatherapy.net) or on **0427 820 532** or visit our website at <https://www.acaciatherapy.net/>