

Getting Ready for Your OT Assessment

What to expect and how to make the process feel manageable

Why We Assess

An occupational therapy assessment helps us understand your (or your child's) strengths, everyday challenges, and goals, so any support or recommendations that follow are genuinely useful and reflect what actually matters day-to-day, such as for a Functional Capacity Assessment (FCA) linked to your NDIS plan.

What Usually Happens

- A conversation about goals, routines, and what's currently working or difficult.
- Some structured activities or standardised tools, chosen based on what we're trying to understand.
- Observation of everyday tasks where relevant, either in person or via information you and other supports provide.
- Time for questions, at the start, during, and at the end.

What to Bring

- Your current NDIS plan (if you have one).
- Any relevant reports from other professionals (paediatrician, GP, psychologist, school).
- A list of the things you'd most like support with.

Reducing Overwhelm

Assessments can feel like a lot, especially if sensory input, unfamiliar people, or new environments are hard. It's absolutely fine to ask for breaks, bring a support person or comfort item, request a quieter space, or spread an assessment across more than one session. Let us know what would help before we start; we'll do our best to adjust.

After the Assessment

We'll talk you through our initial impressions where appropriate, and follow up with a written report. Turnaround times vary depending on complexity, we're always happy to give you an estimated timeframe.

This resource provides general information only and does not replace individual clinical assessment or advice. New Leaf Allied Health Services is an AHPRA-registered occupational therapy practice and operates as an unregistered NDIS provider, working with self-managed and plan-managed NDIS participants. If you have concerns about your (or your child's) development, function, sensory needs, or wellbeing, please speak with your GP, paediatrician, or a registered health professional, or get in touch with our team to discuss OT support.

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