Psychosocial capacity assessment

A psychosocial functional capacity assessment gives a holistic picture of how a person's mental health, sensory profile, executive functioning, emotional regulation and daily living skills interact in everyday life, at home, in the community, and in education and work.

Conducted by our psychologists and a speech pathologist or occupational therapist, it highlights strengths, identifies barriers to participation and gives practical, evidence-informed recommendations for safety, independence and wellbeing. For NDIS participants, it links functional needs to supports with discipline-specific evidence, and can also result in a diagnosis.

How it works

Step 1. Prediagnostic testing

We email questionnaires to the parent or carer and teacher, or for adults, to you and a trusted adult. Skip this step if you have already completed it.

Step 2. Psychology interviews

Children: a telehealth parent or carer interview (up to 2 hours) and an in-person session with your child (up to 1 hour), booked separately. Adults: one telehealth interview (up to 3 hours).

Step 3. Speech pathology or OT

A second interview (up to 1 hour) exploring communication, sensory needs or daily functioning.
Both interviews are needed.

Step 4. Report and handover

A detailed report linking functional needs to recommended supports, including NDIS documents where relevant, then a feedback session.

Fees We will email you a Service Agreement. Once approved, we book each step. The final report is released once payment in full is received.

Ready to start?
Complete a New Client Form online →

Consent to contact a teacher or trusted adult
We contact a teacher (for children) or a trusted adult (for adults) as part of the assessment, so we need your signed consent first.

Complete the consent form online →
Already sent us your New Client Form and consent form? Thank you, there's nothing more to do.

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