

How to prove you have capacity

This fact sheet is for people who have a financial administrator appointed and want to show the Queensland Civil and Administrative Tribunal (QCAT) that they can manage their own money.

If you haven't already, please see our [Steps to Financial Control](#) fact sheet and video.

What do I need to show QCAT?

QCAT will usually want to see medical evidence that says you have capacity.

Having 'capacity' means you can make your own decisions about your money.

QCAT has a form called a [Health Professional Report](#). You can take this to your treating doctor and ask them about filling it out.

It does not have to be in this form. For example, the health professional could write their own report or letter. It just needs to talk about your 'capacity' to make decisions.

What is a health professional?

The term 'health professional' isn't defined, but it's usually someone who has qualifications in the health field. This could be a doctor, psychologist, social worker, occupational therapist or registered nurse.

For example, a disability support worker is probably not a health professional. If there are different reports and opinions, QCAT will look at them and decide which evidence is better. They will consider things like how well the writer knows you and how qualified the writer is.

For example, a psychiatrist's report might usually be better than a report from a General Practitioner (GP). But if the GP has known you for a long time, and the psychiatrist hasn't, the GP's opinion might be better.

What if I can't find a health professional to say I have capacity?

It can be harder to have an administration order revoked if you don't have medical evidence, but it can be done.

There might be other ways you can prove to QCAT that you can handle your own money. For example, you might consider joining the Public Trustee's Financial Independence Pathway (link to fact sheet), or you might want to create your own budget.

There are organisations that can help you develop and maintain a budget for free.

[You can find a list of them here.](#)

We are here to help

If you have questions about the kind of evidence you need to show QCAT, we can help. Please contact us.

 [1300 130 582](tel:1300130582)

 qai@qai.org.au

 qai.org.au