

To prepare for your doctor's appointment regarding the Disability Tax Credit:

Before Your Appointment

Gather any documents that support your application:

- Previous medical records related to your condition
- Hospital discharge summaries
- Reports from specialists (neurologist, psychiatrist, physiatrist, etc.)
- Occupational therapy reports
- Physiotherapy reports
- Psychology or neuropsychology assessments
- Speech-language pathology reports
- Vision or hearing assessments (if applicable)
- Medication list
- Any functional assessments
- Disability benefit decisions (CPP-D, ODSP, WSIB, insurance reports) if they discuss your limitations

Keep a Symptom Diary

For one to two weeks before your appointment, write down:

- Good days versus bad days
- Fatigue levels
- Pain levels
- Cognitive difficulties
- Tasks you could not complete
- How long activities take compared to someone without your condition
- Times you needed help from another person

Think About Your Daily Activities

The DTC is based on how your impairment affects your daily life, not just the medical diagnosis.

Consider whether you have difficulty with:

- Walking
- Dressing
- Feeding yourself
- Preparing meals

- Bathing
- Using the toilet
- Speaking
- Hearing
- Vision
- Remembering information
- Concentrating
- Planning and organizing
- Managing medications
- Making decisions
- Managing finances
- Shopping independently
- Following conversations
- Finding your way in familiar places

For each difficulty, be ready to explain:

- What happens?
- How often does it happen?
- How long has it been happening?
- Does someone help you?
- Does it take much longer than someone without your condition?

Be Honest About Supports You Need

Mention if you rely on:

- Family members
- Friends
- Caregivers
- Reminder systems
- Calendars
- Smart speakers
- Medication reminders
- GPS
- Written instructions
- Extra supervision
- Frequent breaks

Brain Injury-Specific Examples

If you have a brain injury, consider whether you experience:

- Brain fog
- Mental fatigue
- Memory loss
- Difficulty concentrating
- Problems multitasking
- Reduced processing speed
- Sensitivity to light or noise
- Difficulty learning new information
- Difficulty managing appointments
- Emotional regulation challenges
- Difficulty completing tasks from start to finish
- Needing significant rest after cognitive activity

Use specific examples, such as:

- "I forget appointments unless multiple reminders are set."
- "It takes me over an hour to complete paperwork that used to take 15 minutes."
- "After grocery shopping, I need several hours to recover due to cognitive fatigue."
- "I lose my place during conversations and need people to repeat themselves."