FORM T2201, PART B

My day: notes for my practitioner

Your practitioner fills in Part B of Form T2201, often in a short appointment. Part B is where a Disability Tax Credit application is won or lost. These notes show them what your day is really like, in your own words.

How to use these notes

1. **Fill in only what is hard for you**
   Skip any activity that isn't affected. Type into this PDF or print it and write by hand.
2. **Describe a typical day**
   Use a normal day with your usual medication, devices and therapy, not your best day or your worst.
3. **Use real numbers and examples**
   How long things take you, how often, and what happens. Numbers are easier for a practitioner to use than words like "hard".
4. **Bring it to the appointment**
   Give your practitioner Parts 1 and 2 before they fill in Part B. They decide what to certify; your notes help them see your day. This page and Part 3 are for you.
5. **Keep a copy**
   You may want it again if CRA asks for more information or you ask CRA to look at its decision again.

What the practitioner is asked to confirm

- Prolonged: the impairment has lasted, or is expected to last, at least 12 months in a row.
- Marked restriction: even with therapy, devices and medication, you can't do the activity, or it takes an inordinate amount of time. That is generally at least 3 times as long as someone your age without the impairment.
- All or substantially all of the time: generally at least 90% of the time.
- Or: significant limits in two or more activities that, added together, equal a marked restriction in one (the cumulative effect).
- Or: life-sustaining therapy needed at least 2 times a week, for an average of at least 14 hours a week.
- Vision has its own test, which the practitioner measures: 20/200 or worse in both eyes, or a field of vision of 20 degrees or less, even with corrective lenses.

This is not a CRA form and it doesn't replace one. It is for you and your practitioner. Who can certify which activity: a medical doctor or nurse practitioner for any of them; an optometrist for vision, an audiologist for hearing, a speech-language pathologist for speaking, a psychologist for mental functions, and an occupational therapist or physiotherapist for walking (an occupational therapist also for feeding and dressing).

PART 1

About me

Your name

Practitioner and appointment date

Your conditions or diagnoses, if you know them

When the limits began
Month and year, as best you know. The practitioner records this, and it decides how many past years CRA can adjust.

Have the limits lasted, or are they expected to last, 12 months or more?

- ☐ Yes
- ☐ Not sure

Medication, devices and therapy you use, and how much they help
Even with them, what is still hard?

Other practitioners or specialists you see

PART 2

The activities

Fill in only the activities that are hard for you. For each one, say what happens, how long it takes you compared with most people your age, and how often: every day, most of the day, or roughly what share of the time.

Walking

Walking 100 metres, about one city block, using any aid you normally use. For example: “I can walk about half a block before I have to stop and rest. One block takes me 10 minutes. Most people take 2.”

What you can’t do, or what takes much longer

How often

An example from this past week

Dressing

Dressing yourself. Finding, choosing or shopping for clothes doesn’t count. For example: “Getting dressed takes me about 45 minutes with rests. Most people take 10.”

What you can’t do, or what takes much longer

How often

An example from this past week

Feeding

Preparing food and feeding yourself, including chewing and swallowing. For example: “I can’t stand long enough to cook a meal. Eating takes me about an hour because swallowing is hard.”

What you can’t do, or what takes much longer

How often

An example from this past week

Eliminating (bowel or bladder)

Managing your own bowel or bladder functions. For example: “I need help in the bathroom several times a day, and each time takes about 30 minutes.”

What you can’t do, or what takes much longer

How often

An example from this past week

Speaking

Speaking so that someone who knows you can understand you, in a quiet place. For example: “Even my family has to ask me to repeat most sentences, so a short conversation takes three times as long.”

What you can’t do, or what takes much longer

How often

An example from this past week

Hearing

Hearing well enough to understand someone who knows you, talking in a quiet place, even with hearing aids. For example: “Even with my hearing aids, I can’t follow my partner in a quiet room unless I see their face and they repeat things.”

What you can’t do, or what takes much longer

How often

An example from this past week

Vision

The practitioner measures this. Note what you can't see or do, even with glasses or contact lenses, and any recent eye test results you have.

What you can't see or do, even with glasses or contacts

Recent eye tests and results, if you know them

Mental functions for everyday life

CRA lists these mental functions. Tick the ones that cause problems day to day, then describe what happens. For example: "I forget to eat or take my medication unless someone reminds me."

Functions that cause problems

- ☐ Adaptive functioning
- ☐ Attention
- ☐ Concentration
- ☐ Goal-setting
- ☐ Judgment
- ☐ Memory
- ☐ Perception of reality
- ☐ Problem-solving
- ☐ Regulation of behaviour and emotions
- ☐ Verbal and non-verbal comprehension

What happens on a typical day

Everyday things you can't manage on your own, or that take much longer.

Help, reminders or supervision you need from other people

How often

An example from this past week

Life-sustaining therapy

Therapy that supports a vital function, needed at least 2 times a week for an average of at least 14 hours a week. Count time spent on the therapy itself, such as setting up portable devices and working out doses. Travel, appointments and exercise don't count. People with type 1 diabetes meet this test automatically.

The therapy you need, and what it is for

Time spent on it in a typical week

Fill in a real week if you can.

	Times	Hours
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Several activities together

If no single activity is hard enough on its own, but several are hard, the cumulative effect can still count.

Which activities are hard, and how they add up across your day

For example: "Walking and dressing both take me twice as long, so mornings take three hours."

PART 3

At the appointment, and after

Questions you may want to ask
CRA doesn't charge to apply. A practitioner may charge to fill in Part B.

- [ ] Which activities do you think apply to me?
- [ ] Can you note on the form when my limits began?
- [ ] Will you fill in Part B with CRA's digital form, or on paper?
- [ ] Is there a fee to fill in the form?

Notes from the appointment

After the appointment

1. **Fill in Part A yourself**
   Your details, and the box that asks CRA to adjust your past tax returns if you qualify. Tick it.
2. **Send it to CRA**
   With CRA's digital application (Part A in your CRA account, Part B on the practitioner's digital form) or by mail. CRA no longer accepts these forms through "Submit documents".
3. **Keep copies**
   Of the form, these notes, and the date and way you sent it.
4. **If CRA says no**
   You have 90 days from the date on the notice of determination to file a notice of objection, and you can also ask CRA to review its decision with new medical information. The free deadline tracker and "turned down" guide are at wisebenefits.ca/kit.
5. **If CRA says yes**
   Approval can also open the Canada Disability Benefit (ages 18 to 64) and a Registered Disability Savings Plan.

Free help with your application

- Some non-profits are funded to help people apply for the Disability Tax Credit and the Canada Disability Benefit at no charge. A list with links is at wisebenefits.ca/#free-help.
- Free tax clinics help people with a modest income file their returns.
- A legal clinic or disability advocate can help if CRA turns you down.

About these notes: they come from wisebenefits.ca, a free information website. It is not the CRA or Service Canada. This is general information, not medical or legal advice. Checked against CRA sources on November 6, 2026.