Prepare for your DTC practitioner conversation

A worksheet for your own notes. You can use it independently or with a family member. Do not send this sheet to anyone without choosing to share it.

1. Describe one everyday activity

What happens? What assistance, equipment, medication or therapy is already in place? How long does the activity take? Separate your observations from things someone else told you.

Activity and concrete example:

_____
_____
_____

2. Describe the pattern

How long has it been happening? How often? What changes on easier or harder days? Say when you are unsure. Describe the usual experience accurately rather than only the worst day.

Pattern and duration:

_____
_____

3. Ask about the practitioner step

Which practitioner knows the relevant effects? Can they review your account and discuss Part B? Which records do they need, what fees apply, and which application route will they use?

Questions for the appointment:

_____
_____

Your practitioner completes and certifies Part B. A preparation sheet does not determine eligibility or guarantee approval. Follow the current CRA application instructions.

CRA: how to apply for the DTC

Created by DTC Prep. Optional personal preparation is CAD 299 flat, including defined practitioner coordination with permission and clinic agreement. No purchase is needed to use this worksheet.

See the service and a fictional briefing