

Categories of impairments that can be certified for the DTC

It is mandatory that you describe the effects of your patient's impairment on his or her ability to do each of the basic activities of daily living that you indicated are or were markedly or significantly restricted.

Vision – must be certified by a medical doctor, a nurse practitioner or an optometrist
You are considered **blind** if, even with the use of corrective lenses or medication:

- The visual acuity in **both** eyes is 20/200 (6/60) or less with the Snellen Chart (or an equivalent); or
- The greatest diameter of the field of vision in **both** eyes is 20 degrees or less.

Speaking – must be certified by a medical doctor, a nurse practitioner or speech-language pathologist

- You must rely on other means of communication, such as sign language or a symbol board, at least 90% of the time.
- In the doctor's office, the doctor must ask you to repeat words and sentences several times, and it takes you an inordinate amount of time to make yourself understood.

Devices for speaking include tracheoesophageal prostheses, vocal amplification devices, and other such devices.

Hearing – must be certified by a medical doctor, a nurse practitioner, or audiologist

- You must rely completely on lip reading or sign language at least 90% of the time, to understand a spoken conversation, despite the use of hearing aids.
- In the doctor's office, the doctor must raise his or her voice and repeat words and sentences several times, and it takes you an inordinate amount of time to understand, despite the use of hearing aids.

Devices for hearing include hearing aids, cochlear implants, and other such devices.

Walking – must be certified by a medical doctor, a nurse practitioner, occupational therapist, or physiotherapist

- You always rely on a wheelchair outside of the home, even for short distances.
- You take an inordinate amount of time to walk 100 meters (about one city block), at least 90% of the time since you need to stop because of pain and shortness of breath.
- You experience severe episodes of fatigue, and problems with coordination and balance. Several days at a time, you cannot walk more than a few steps. Between episodes, you continue to have these symptoms, but to a lesser degree. These

symptoms cause you to take an inordinate amount of time to walk, at least 90% of the time.

Devices for walking include canes, walkers, and other such devices

Eliminating (bowel or bladder functions) – must be certified by a medical doctor or a nurse practitioner

- You need a device (ostomy appliances, catheters) which causes you to take an inordinate amount of time to manage your bowel or bladder functions.
- You are incontinent of bladder functions, all or substantially all of the time, and take an inordinate amount of time to tend to your elimination, as you need incontinence pads.

Devices for eliminating include catheters, ostomy appliances, and other such devices.

Feeding – must be certified by a medical doctor or occupational therapist

- You need tube feedings at least 90% of the time.
- You take an inordinate amount of time to prepare meals or to feed yourself, on a daily basis, due to significant pain and decreased strength and dexterity in your upper limbs.

Devices for feeding include modified utensils, and other such devices.

Feeding yourself does **include** preparing food, except when the time spent is related to a dietary restriction or regime, even when the restriction or regime is needed due to an illness or medical condition.

Feeding yourself **does not** include identifying, finding, shopping for, or obtaining food.

Dressing – must be certified by a medical doctor, a nurse practitioner, or occupational therapist

- You cannot dress without daily help from another person.
- Due to pain, stiffness, and decreased dexterity, you take an inordinate amount of time to dress yourself on a daily basis.

Devices for dressing **include** specialized buttonhooks, long-handled shoehorns, grab rails, safety pulls, and other such devices.

Dressing yourself **does not** include identifying, finding, shopping for, or obtaining clothing.

Mental functions necessary for everyday life – must be certified by a medical doctor, a nurse practitioner, or psychologist

Mental functions necessary for everyday life include:

Adaptive functioning (for example, abilities related to self-care, health and safety, abilities to initiate and respond to social interactions, and common, simple transactions);

Memory (for example, the ability to remember simple instructions, basic personal information such as name and address, or material of importance and interest); and

Problem-solving, goal-setting, and judgment, taken together (for example, the ability to solve problems, set and keep goals, and make appropriate decisions and judgments).

- You are independent in some aspects of everyday living; however, despite medication and therapy, you need daily support and supervision due to an inability to accurately interpret your environment.
- You cannot make a common, simple transaction, such as buying food at the grocery store, without help at least 90% of the time.
- You experience psychotic episodes several times a year. Given the unpredictability of your psychotic episodes and the other defining symptoms of your impairment (for example, lack of initiative or motivation, disorganized behaviour and speech), you continue to need **daily** supervision.
- You are unable to express your needs or anticipate consequences of behaviour when interacting with others.
- Individuals with schizophrenia, a mood disorder or an anxiety disorder may be markedly restricted because they are unable, or require an inordinate amount of time, to independently solve a problem, make appropriate judgments or manage activity like self-care.
- Adults with an intellectual disability may be markedly restricted, compared with same-age peers who have no impairment in mental function, because they are unable, or require an inordinate amount of time, to independently manage or carry out some activities of daily living.
- Children with profound developmental disorder may be markedly restricted, compared with same-age peers who have no impairment in mental function, because they are unable, or require an inordinate amount of time, to independently make judgments and decisions necessary for self-care.
- You unable to leave the house due to anxiety, at least 90% of the time, despite medication and therapy.

Note

A restriction in problem-solving, goal-setting, or judgment that markedly restricts adaptive functioning, all or substantially all of the time (at least 90% of the time), would qualify.

Life-sustaining therapy – must be certified by a medical doctor or a nurse practitioner and you must meet **both** of the following criteria:

The therapy is needed to support a vital function, even if it eases the symptoms; and the therapy is needed at least 3 times per week, for an average of at least 14 hours per week.

You must dedicate time for the therapy – that is, you have to take time away from your normal, everyday activities to receive it.

- Chest physiotherapy to ease breathing
- Kidney dialysis to filter blood
- Insulin therapy to treat Type 1 diabetes in a child who cannot independently adjust the insulin dosage

Cumulative effect of significant restrictions – must be certified by a medical doctor, a nurse practitioner, or occupational therapist (occupational therapist can only certify for walking, feeding, and dressing)

- You can walk 100 meters, but then must take time to recuperate. You can carry out the mental functions necessary for everyday life, but can concentrate on any topic for only a short period of time. The cumulative effect of these two significant restrictions is **equal** to being markedly restricted, such as being unable to do one of the basic activities of daily living.
- You always take a long time for walking, dressing and feeding. The extra time it takes you to do these activities, when added together, is **equal** to being markedly restricted, such as taking an inordinate amount of time in a single basic activity of daily living
- You can walk 100 meters, but then must take time to recuperate. You can carry out the mental functions necessary for everyday life, but can concentrate on any topic for only a short period of time. The cumulative effect of these two significant restrictions is equal to being markedly restricted, such as being unable to do one of the basic activities of daily living.
- A woman with severe rheumatoid arthritis takes a long time to dress and walk on a daily basis. The extra time it takes to perform these two activities is equivalent to being markedly restricted, such as taking an inordinate amount of time in a single basic activity of daily living.
- Individuals with multiple sclerosis who experience fatigue, depressed mood and balance problems may not be markedly restricted in a single activity of daily living such as walking. However, the combination of symptoms may create a marked restriction because several activities like walking, dressing and mental functions are affected, even if each single activity is not markedly restricted.