

"IT'S NOT VERY OFTEN YOU GET TO ENTER THE MIND OF A GENIUS. WHAT A THRILL!" - MIDAS BROWN



DR FLETT HAS ASSESSED YOUR CHILD

WE ENJOYED MEETING YOU.

DRFLETT.COM

1. Can I get a tax rebate on the expenses related to ADHD?

As tax season approaches, I wanted to raise awareness about legitimate deductions that parents of children with ADHD can claim. If you've spent thousands of rand on therapy, consultations, extra lessons, remedial schooling, OT, speech therapy, and psychological assessments and therapy, you can claim these expenses with SARS.

To qualify for the tax deduction, you, your spouse, or your dependant must have a disability that meets specific criteria. A disability, for tax purposes, means a moderate to severe limitation of any person's ability to function or perform daily activities as diagnosed by a duly registered medical practitioner. The limitation must have lasted or have a prognosis of lasting more than a year. The expense claimed must be necessary to alleviate the restriction on a person's ability to perform functions of daily living.

If you, your spouse, or your child has a confirmed disability, you can claim 33.3% of the qualifying out-of-pocket medical expenses (which includes disability-related costs), paid by you (and not recoverable) during the relevant year of assessment, as well as 33.3% of the fees paid (if any) to a registered medical scheme. This applies to any condition that falls into the category of mental disability.

To claim these deductions, you'll need to discuss them with your accountant and complete an ITR-DD form, which must be filled out by a medical specialist qualified to assess and complete the forms. Please get in touch with my office for further information and how to obtain the forms, which will also be available for download on my website.

***Download the SARS** and email it to support@drjohnflett.com. So that you know, a fee is charged to complete the form.*

2. Can I get a tax rebate on the expenses related to ADHD?

Medical Aids and ADHD Medication

Share your experiences with medical aids that cover ADHD stimulant medication on a chronic basis. It's essential to share this information as each medical aid changes their levels and criteria monthly or yearly. Let's discuss which providers offer the best support for ADHD families so that we can all learn and benefit from each other's knowledge.

Comparing Pharmacies In my experience, Dis-Chem and Clicks are the most affordable options for ADHD medication. We can send a prescription directly from our rooms, transferred as an original script, to a Dis-Chem pharmacy throughout the country. This saves you time and effort, and you can order online; all you need to do is collect your medication.

Generic Medications

What are your thoughts on generic ADHD medications like Mefedinel and Medikinet? Not all generic medication is created equal. I have a list of acceptable generics, such as Contramyl XL, an excellent pharmaceutical company, and the new NEUCON OROS, a clone of Concerta, which is identical and can be used without any problems. Medikinet is a similar medication to Ritalin LA and can be used as an alternative, as it is 20 to 30% cheaper. However, some parents have commented that this medication is different and has a different reaction.

Additional Medications

Have you tried medications for anxiety or depression, which may be covered on chronic as a prescribed minimum benefit? Share your experiences and recommendations for managing these co-existing challenges. Generics of antidepressants and antianxiety medications are generally excellent options, such as Sudeep (generic of Zoloft) and Cilift (generic of citalopram).

Alternative Therapies

What are your thoughts on neurofeedback, occupational therapy, or over-the-counter vitamin preparations like Bio-Strath? Do these therapies make a significant difference in managing your child's ADHD symptoms? Remember that prioritizing evidence-based treatments is essential. I will guide you through this process. Try not to buy alternative medications, including preparations with vitamin C, which can inhibit the absorption of some ADHD medications such as Vyvanse.

Conclusion

Host: By engaging in our Facebook community and sharing your experiences, you'll contribute to a valuable resource for fellow parents navigating the world of ADHD-related expenses. Together, we can support each other in finding the most cost-effective and

TAX REBATE FOR ADHD TREATMENT EXPENSES

HOW TO CLAIM

EXPENSES

This week I was reminded that when seeing one of my patients that it is nearing tax time, and I have meant to create some awareness about what parents can legitimately claim.

Have you spent thousands of rand on therapy and consultations for your child with ADHD, extra lessons, remedial schooling OT speech therapy and psychological assessments and therapy? These could have spanned over many years.

You are probably not aware that there are legitimate deductions that can be claimed from SARS.

I'm not referring to the SARS Severe Acute Respiratory Distress syndrome similar to COVID-19.

Now I'm not a tax expert, and I am not a father of Christmas, however, let me tell you how to go about making a claim.

First, you need to know if your child's condition qualifies. It would be best if you discussed this with your accountant.

CRITERIA FOR DISABILITY

What are the criteria for being considered a person with a disability?

If you, your spouse or a dependant has a disability, you are entitled to claim certain qualifying medical expenses in the form of an additional medical expenses tax credit. This will include costs prescribed by SARS resulting from any physical impairment or disability.

The disability needs to be A disability for tax purposes means a moderate to severe limitation of any person's ability to function or perform daily activities.

SOLUTION



STRESS

TIME

TAXATION

CONFLICT

SARS

DISABILITY

This can be a result of physical, sensory, communication, intellectual or mental impairment. The limitation (and the extent thereof) will only be regarded as a disability if it has lasted or has a prognosis of lasting, more than a year, and it has been diagnosed by a duly registered medical practitioner trained to diagnose the applicable disability or to express an opinion thereon.

33,3%

OF THE

**QUALIFYING
OUT-OF-POCKET
MEDICAL EXPENSES**

According to the SARS.

ELIGIBLE

An expense does not automatically qualify as a deduction for the mere reason of its listing. To be eligible for the tax deduction, the payment must be necessary to alleviate the restriction on a person's ability to perform functions of daily living. For example, if a person in a wheelchair with no visual impairment buys a hand-held GPS, the cost of the hand-held GPS will not qualify as a deduction even though the expense appears on the list. The hand-held GPS is not directly connected to this person's disability. In the case of a visually impaired person, the cost of the hand-held GPS may qualify as a deduction.

WHAT ARE THE TAX BENEFITS?

If you, your spouse or child has a disability

If you, your spouse or child has a disability that has been confirmed by a registered medical practitioner by way of an ITR-DD form, you can claim 33,3% of the qualifying out-of-pocket medical expenses (which includes disability-related costs), paid by you (and not recoverable) during the relevant year of assessment, as well as 33,3% of the fees paid (if any) to a registered medical scheme. This applies to any condition that falls into the category of Mental disability.

The form needs to be completed by a medical specialist qualified to assess and complete the forms. Please contact my office for further information and how to get the forms.

I will and place the forms on my website for download.

support@drjohnflett.com or 0311000474