

2/25/25 Update (incorporating Counsel feedback)

about-you-self-care

show to: everyone

Header

breadcrumb

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For any part of <TY>, did you have a physical or mental condition that made you unable to care for yourself?

The physical or mental condition could be permanent or temporary, and it should be serious enough that you needed either:

- Help to dress, clean, or feed yourself
- Constant care to keep yourself or others safe

Why do we ask if you're unable to care for yourself?

Do I need to have records to show I'm unable to care for myself?

Yes

No

Save and continue

Used "condition" instead of "disability" because it sounds less specific and less formalized. This is in response to taxpayers who reacted to the word "disability" and thought it meant a very specific thing with an official diagnosis.

Emphasized that the condition could be permanent or temporary, in response to taxpayers who thought a temporary injury may not apply

Added snack about record keeping to help people figure out if their condition is applicable/valid and to reassure them that they don't need a overly specific type of proof (like a disability diagnosis)

Added the "why do we ask" snack to reassure taxpayers who may be put off by an uncomfortable and question, and 2) to help figure out how to answer if they're familiar with CDCC and know for sure that it applies (or doesn't apply) to them, this can help guide their answer

Why do we ask if you're unable to care for yourself?

We ask about a person's ability to care for themselves to figure out if they qualify for **certain** tax benefits. For example, this information is used to determine if someone is a qualifying person for the [Child and Dependent Care Credit \(CDCC\)](#).

The CDCC is a tax benefit that helps taxpayers who paid for the care of a family or household member while working or looking for work.

As you complete your federal tax return, we'll ask questions to check if the CDCC applies to you.

[Learn more about who is a qualifying person for the CDCC.](#)

**Link:** Child and Dependent Care Credit (CDCC).  
<https://www.irs.gov/taxtopics/tc602>

**Link:** Learn more about qualifying people for the CDCC  
[https://www.irs.gov/publications/p503#en\\_US\\_2023\\_publink1000203267](https://www.irs.gov/publications/p503#en_US_2023_publink1000203267)

Do I need to have records to show I'm unable to care for myself?

You won't be asked to send any records with your federal tax return, but the IRS may ask for records later.

If you're asked for records, you'll need something that documents the length and nature of the physical or mental condition. For example:

- A doctor's note
- Medical records or diagnoses
- Records of an accident

spouse-mfj-self-care

show to:

- taxpayers with MFJ spouse

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For any part of <TY>, did <MFJSpouse1st> have a physical or mental condition that made them unable to care for themselves?

The physical or mental condition could be permanent or temporary, and it should be serious enough that they needed either:

- Help to dress, clean, or feed themselves
- Constant care to keep themselves or others safe

Why do we ask if they're unable to care for themselves?

Do I need to have records to show someone is unable to care for themselves?

Yes

No

Save and continue

Why do we ask if they're unable to care for themselves?

We ask about a person's ability to care for themselves to figure out if they qualify for **certain** tax benefits. For example, this information is used to determine if someone is a qualifying person for the [Child and Dependent Care Credit \(CDCC\)](#).

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Do I need to have records to show someone is unable to care for themselves?

repeat snack from about-you-self-care

We should check wording. As to if the header is changed but stays in the same, they may need to set up an already have snack instead of "renew"

Content modeling can help us better define each behavior step.

Questions we have a content modeling and snack help content

add-person-self-care

show to:

- tp who are still in the running for cdcc

Header

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For any part of <TY>, did <Person1Name> have a physical or mental condition that made them unable to care for themselves?

The physical or mental condition could be permanent or temporary, and it should be serious enough that they needed either:

- Help to dress, clean, or feed themselves
- Constant care to keep themselves or others safe

Why do we ask if they're unable to care for themselves?

What kind of records might be needed to show that someone is unable to care for themselves?

Yes

No

Save and continue

Why do we ask if they're unable to care for themselves?

repeat snack from spouse-mfj-self-care

Do I need to have records to show someone is unable to care for themselves?

repeat snack from about-you-self-care