

Know your deductions



Learn what expenses, such as medication and cost of care, you may be able to deduct this tax season.

by Marcella Durand

The print version of this article contained incorrect information about the threshold for deducting unreimbursed medical and dental expenses. In 2014, they must exceed 10 percent, not 7.5 percent, of adjusted gross income. We regret the error.

Medical deductions

The Internal Revenue Service publishes an extensive list of medical expenses that may qualify as deductions. Here is a partial list:

- Prescribed medicines and drugs
- Cost and maintenance of a wheelchair
- Home modifications whose main purpose is medical care—such as entrance or exit ramps—and that do not increase the home's value
- Transportation for medical reasons, including a standard mileage rate of 23 cents per mile
- Qualified health insurance premiums (insurance premiums paid by an employer-sponsored plan are not deductible)
- Costs of qualified long-term care services and, to a limited amount, premiums paid for qualified long-term care insurance contracts
- Nursing costs, whether provided at home or in a skilled nursing facility

As tax time approaches, people with multiple sclerosis should be aware of a range of medical and business deductions that they may be able to take. Be sure to consult a tax professional for detailed advice specific to your individual situation.

Medical expenses

You may be able to deduct out-of-pocket, unreimbursed medical and dental expenses that exceed 10 percent of your adjusted gross income. You can only deduct expenses that you paid for in 2013, regardless of when the service was provided. You may also be able to include medical expenses for your spouse or dependents.

Impairment-related work deductions

People with disabilities can also take impairment-related deductions for expenses that are necessary for them to work. Unlike medical expenses, there is no minimum threshold these expenses must meet before you can deduct them. Examples include the cost of a magnifier that you use to do your work because of MS-related vision issues, or modifications to a vehicle that you use to get to work.

Get prepared

Get ready for next year's taxes by saving and organizing any medically related receipts or impairment-related work expenses as they come in. And remember to call a tax professional for help with your specific concerns.

Marcella Durand is a writer and editor who lives in New York City.

Download the "[Medical and Dental Expenses](#)" guide for additional information on deductions.

Download "[Tax Highlights for Persons with Disabilities](#)," a guide by the IRS.