

Media Report Media Report 13 March 2020

This weeks media reports will cover and answer great questions veterans are still asking such as assessing direction to Support you need, when you need it. The transition to civilian life can be a challenge; more so if it involves a serious injury or illness. When the challenge is too much to handle alone, the assistance of a case manager can help you and your family. Rehabilitation services and local Media Articles

Case management

About this program

Case management is a collaborative process of assessment, planning, coordination, evaluation and advocacy for options and services to meet your needs.

Do I need case management?

When the challenge is too much to handle alone, the assistance of a case manager can help you and your family. There are many factors that can lead to a need for case management services, some of the most common include:

- an ongoing decline in your physical or mental health,
- financial uncertainty,
- housing issues,
- family-related stress, or
- social isolation.

Do you qualify?

To receive the support of a VAC case manager, you must be a:

- a member of the Canadian Armed Forces or RCMP nearing your release date,
 - former member of the Canadian Armed Forces or the RCMP, or
 - survivor of any of the above.
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How to apply

There is no application form to request Case Management.

When preparing to leave service, the VAC [transition interview](#) may identify that you and your family need case management services. We will then assign you a case manager.

If you have already released, please [contact us](#) if you think you (and your family) could benefit from case management services.

Additional information

How it works

Throughout your time together, you and your case manager will:

- Build a strong relationship,
- Assess and identify your goals and decide if there are any barriers to achieving them, and
- Develop a plan that identifies the information and services you need to achieve your goals.

The services identified in your plan could include doctors, nurses, psychologists, physiotherapists, occupational therapists, vocational rehabilitation specialists, and other service providers who can help you achieve your goals.

Throughout the life of your plan, your case manager will check your progress by coordinating between you, your health professionals, and other service providers and help you adjust your plan, if needed. To get the most benefit from these services, provide feedback about any challenges you face to anyone working with you.

Related programs

[Transition Interview](#) - meet with a VAC employee to identify any needs you may have before your release from service.

Frequently asked questions

I released years ago, would I still qualify for case management?

Yes. You can still benefit from this service if you face challenges in your everyday life that have made

it difficult to successfully adjust to post-military life. To determine if you will benefit from case management, we look at several indicators of everyday life and score how you're doing. These indicators include your physical and mental health, job and financial security, social interactions and your physical environment (your home). If you have a limitation in two or more of those areas, you can likely benefit from case management.

[Canadian military starts initial preparations for responding to pandemic](#)

Cape Breton Post

As the novel coronavirus continues to spread, the Canadian military has started initial preparations for responding to a pandemic. Chief of the Defence Staff Gen. Jon Vance issued a message that he has ordered the activation of Operation Laser Phase 2, which is described as "Pandemic/Preparation." "The purpose of that tasking order is to ensure that the CAF (Canadian Armed Forces) implements measures to maintain CAF operational effectiveness and and readiness, preserve essential health services for (members), and maintain responsive support to civil authorities as part of the CG (government) response," Vance's message noted. [READ MORE](#)

[Vice-admiral: Military needs to be 30 per cent women for real change](#)

CTV News

Nearly a third of members of the Canadian Forces should be women to bring about a real culture change in the military, says the admiral in charge of the Forces' human resources, while acknowledging the real trouble they're having getting the proportion up to a quarter. Speaking to the Ottawa Conference on Security and Defence, Vice-Admiral Haydn Edmundson struck a cautiously optimistic tone in explaining how the military is looking at different ways to recruit and retain more women — and the challenge it entails. [READ MORE](#)

[Réaction Royale: près de 500 militaires des 34 et 35 GBC à l'entraînement sur la base de Valcartier](#)

45e Nord

Près de 500 militaires, principalement des réservistes des 34e et 35e Groupes-brigade du Canada (GBC), participent à l'exercice Réaction Royale sur la base de Valcartier du 1er au 8 mars. L'exercice Réaction Royale 2020 est divisé en deux parties, qui se suivent. La première, qui se tient du 1er au 6 mars et qui compte près de 250 participants, se compose de différentes activités d'entraînement et d'instruction qui vont permettre de développer les habiletés et les connaissances des réservistes afin de maintenir leur haut niveau opérationnel. [LIRE PLUS](#)

[A big little fire at CFFCA / Un petit incendie de grande portée à l'EPDCFC](#)

Borden Citizen

Although CFFCA students participate in structural and aircraft fire exercises nearly every day as part of their training, CFFCA staff also lead drills to maintain and strengthen their skills. LCol Maureen Wellwood and LCol Dan Mainguy were invited to attend, and take part in a 'novice' level fire exercise – a learning opportunity to better understand the firefighting trade.

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Bien que les stagiaires de l'École des pompiers et de la défense CBRN des Forces canadiennes (EPDCFC) participent à des exercices de feu de bâtiment et d'incendie d'aéronef presque

quotidiennement dans le cadre de leur instruction, le personnel de l'EPDCFC mène aussi des exercices afin de maintenir et de renforcer ses compétences. Le Lcol Maureen Wellwood et le lcol Dan Mainguy ont été invités à assister et à participer à un exercice d'incendie du niveau « novice », une occasion d'apprentissage afin de mieux comprendre la profession de pompier. [READ MORE](#)

[WWII vet Fred Arsenault wanted 100 cards for his 100th birthday. He received more than 90,000](#)

CBC News

By the time Second World War veteran Fred Arsenault blew out the candles out on his birthday cake, he had more than 90,000 birthday cards to read. Arsenault turned 100 years old last Friday. He spent Thursday morning enjoying an early birthday celebration at the Sunnybrook Veterans Centre in Toronto where his family tallied all the cards they received. "Thank you for all your words and for the people that were all here for my birthday. I'll remember this for quite some time," said Arsenault with a big smile. [READ MORE](#)

[Canada's military training mission was ready to resume in Iraq until COVID-19 outbreak](#)

iPolitics

Canadian troops are ready to return to Iraq to restart a training mission paused by the assassination of a top Iranian general but have been delayed because of disruptions to Iraq's military operations from the COVID-19 outbreak, according to the head of the Canadian Joint Operations Command. "We thought (Canada's training force) were going to be there a couple of weeks ago, and then the (COVID-19) piece hit and the government of Iraq sent their forces off-base, back to their homes. And so that was now the piece that, sort of, we had to wait for," CJOC commander Lt.-Gen. Mike Rouleau told *iPolitics* after briefing the House defence committee on Canada's operations in Iraq. [READ MORE](#)

[COVID-19 en Irak : les troupes canadiennes en état d'alerte alors que le nombre de victimes augmente](#)

Radio Canada International

Les troupes canadiennes en Irak sont sur le qui-vive puisque le nouveau coronavirus se propage dans le pays Environ 500 militaires canadiens déployés en Irak pourraient se retrouver coincés et voir leur propre santé menacée parce que les cas de COVID-19 se multiplient au sein de la population irakienne. [LIRE PLUS](#)

[Emergency training exercise in Rocky Mountain House](#)

Red Deer News Now

Soldiers from 41 Canadian Brigade Group (41 CBG) will conduct a Joint Domestic Response Exercise with the Municipality of Clearwater County March 13-15, 2020, as part of Exercise GRIZZLY READY. Ex GRIZZLY READY will assess 41 CBG's ability to respond to a simulated threat scenario resulting from a wildfire in the area. Municipal staff and local partners including Clearwater County and the Town of Rocky Mountain House will simultaneously be testing their Emergency Management Plan with a simulated emergency. [READ MORE](#)

[What does a Sapper bring to the fight?](#)

My Guidon

Throughout my tenure in the Army, I have had countless Soldiers ask me to define the term Sapper. My answer is that what makes a Sapper is not so cut and dry. For those who have attended the demanding Sapper Leader Course, they may think of the first two lines of the Sapper Creed: I am a Sapper. The cutting edge of my country's sword. But what does that mean? [READ MORE](#)