

Media Report 22 JULY 2022

This weeks media reports will cover and answer great questions veterans are still asking and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay healthy.

List of all benefits

- [Disability benefits](#)

Compensation to recognize that your injury or illness is a result of your service.

Some examples of what this program may cover:

- [Learn more](#)

- [Disability Pension \(RCMP\)](#)

Compensation to recognize that your injury or illness is a result of your service.

Some examples of what this program may cover:

- [Learn more](#)

- You need to be in receipt of treatment benefits or participate in VAC Rehabilitation Services.

[Health-related travel expenses](#)

VAC may reimburse travel expenses incurred by the Veteran when travelling to receive healthcare services or benefits.

[Learn more](#)

- You need to be approved for a [Disability Benefit](#), the [Veterans Independence Program](#), [Long Term Care](#), or the [War Veterans Allowance](#) to qualify for one or more treatment benefits.

[Treatment Benefits](#)

The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay—healthy.

Some examples of what this program may cover:

- [Learn more](#)

- [Education and Training Benefit](#)

Financial support to help you achieve your education and career goals. Some examples of what this program may cover:

- [Learn more](#)

- [Veterans Independence Program](#)

Payments for home and healthcare services to help you remain independent and self-sufficient in your home and your community. Some examples of what this program may cover:

- If you qualify for Veterans Independence Program, you may also qualify for:

- [Learn more](#)

- You need to be approved for [Rehabilitation services](#) to be eligible for the Income Replacement Benefit.

[Income Replacement Benefit](#)

A monthly payment to maintain your income while you are taking part in the VAC rehabilitation program.

[Learn more](#)

- [Canadian Forces Income Support](#)

A monthly payment to help low-income CAF Veterans, survivors, and dependent children.

[Learn more](#)

- [Rehabilitation services](#)

Treatment and therapies to overcome or cope with a service-related illness or injury.

Some examples of what this program may provide:

- If you qualify for Rehabilitation services, you may also qualify for:

- Additionally, family members may qualify for:

- [Learn more](#)

- [Additional Pain and Suffering Compensation](#)

Monthly payments in recognition of any severe and permanent disability, related to your military service, which creates a barrier to life after service.

[Learn more](#)

- [Talk to a mental health professional now](#)

Get support right now from a mental health professional by calling 1-800-268-7708.

[Learn more](#)

- [Careers in the federal public service](#)

As a Veteran you can get priority when applying for jobs in the federal public service.

[Learn more](#)

- [Career Transition Services](#)

Get career counselling, help with resume writing, interview preparation, and finding a job.

[Learn more](#)

- [Critical Injury Benefit](#)

A lump-sum payment that recognizes the immediate impact of the most severe and traumatic service-related injuries or diseases.

Some examples of what could cause this type of injury include:

- If you qualify for Critical Injury Benefit, you may also qualify for:

- [Learn more](#)

- [Long-term care](#)

Financial support for the costs of long-term care.

[Learn more](#)

- [Veterans Emergency Fund](#)

Quick access to funds for urgent needs such as food, shelter or medical expenses.

Some examples of what this program may cover:

- [Learn more](#)

- [Exceptional Incapacity Allowance](#)

Additional monthly payment for a disability pensioner when your illness or injury impacts your quality of life.

[Learn more](#)

- [Exceptional Incapacity Allowance \(RCMP\)](#)

Additional monthly payment for a disability pensioner when your illness or injury impacts your quality of life.

[Learn more](#)

- [Attendance allowance](#)

Monthly payments for a disability pensioner whose health needs require daily personal care support.

Some examples of daily tasks that you may need help with:

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[Learn more](#)

- [Attendance allowance \(RCMP\)](#)

Monthly payments for a disability pensioner whose health needs require daily personal care support.

Some examples of daily tasks that you may need help with:

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[Learn more](#)

- You need to be approved for [Disability benefits](#) to qualify for Clothing allowance.

[Clothing allowance](#)

Monthly payments if you need new or custom-made clothing due to your disability.

[Learn more](#)

- You need to be approved for [Disability Pension](#) to qualify for Clothing allowance.

[Clothing allowance \(RCMP\)](#)

Monthly payments if you need new or custom-made clothing due to your disability.

[Learn more](#)

- [War Veterans Allowance \(WVA\)](#)

A monthly payment to Second World War or Korean War Veterans who have a low household income.

[Learn more](#)

- You need a referral from a [case manager](#) to access an OSI clinic.

[Operational stress injury \(OSI\) clinics](#)

Outpatient and residential clinics that assess and treat mental health issues related to service.

The clinics provide individual and group therapy sessions to address such things as:

- [Learn more](#)

- [Transition interview](#)

Before you release, a meeting with a Veterans Affairs employee to see how we can help you and your family.

Some examples of what this program may provide:

- [Learn more](#)

- [Survivor's pension](#)

A monthly payment to the surviving spouse or common-law partner of a disability pensioner.

[Learn more](#)

- [Veteran Family Program](#)

Continued access to certain services from Military Family Resource Centres to assist medically releasing Canadian Armed Forces members, medically-released Veterans and their families.

Some examples of what this program may provide:

- [Learn more](#)

- [Community Engagement](#)

A fund for community projects and events that honour Canadian Veterans.

[Learn more](#)

- [Veterans Independence Program for primary caregivers](#)

Payments for home services to help qualifying caregivers to remain independent and self-sufficient in their home.

Some examples of what this program may cover:

- [Learn more](#)

- [Community War Memorial](#)

A fund for the construction, restoration or expansion of war memorials.
[Learn more](#)

- [Caregiver Zone](#)

An online community for caregivers who want to share their story, ask questions or learn more about caregiving.
Some examples of what this program may provide:

- [Learn more](#)

- [Talk to someone who can relate](#)

A peer support network for CAF members or Veterans living with an operational stress injury (OSI).
Some examples of an operational stress injury include:

- [Learn more](#)

- [Death Benefit](#)

A lump-sum payment to recognize the impact that a CAF member's service-related death has on the immediate family.
[Learn more](#)

- [LifeSpeak for Veterans, former RCMP and their families](#)

A self-help website with videos and information about mental health, nutrition and other issues that matter to you.
[Learn more](#)

- [Vocational rehabilitation](#)

Coaching, support or other training you need to return to work or find a new job after an injury.
Some examples of what this program may provide:

- [Learn more](#)

- If the period of your captivity began on or after April 1, 2006, please see [Detention Benefit](#).

- [Prisoner of War Compensation](#)

A monthly payment to Second World War, Korean War or Veterans who served during military operations subsequent to the Second World War.
[Learn more](#)

- If the period of your captivity was prior to April 1, 2006, please see [Prisoner of War Compensation](#).

[Detention Benefit](#)

A lump-sum payment if you were detained by an enemy, opposing force or group carrying out a terrorist activity.

[Learn more](#)

- [Veteran and Family Well-Being Fund](#)

A fund for research, projects or initiatives that improve the well-being of Veterans and their families.

[Learn more](#)

- [Funeral and burial assistance](#)

A reimbursement of costs to ensure Veterans have a dignified funeral and burial.

[Learn more](#)

- [Caregiver Recognition Benefit](#)

A monthly payment to an informal caregiver who provides you with daily personal care support.

[Learn more](#)

- [Income Replacement Benefit for survivor and children](#)

A monthly payment for eligible survivors and orphans of a CAF member or Veteran who has passed on.

[Learn more](#)

- [Family peer support \(Operational Stress Injury Social Support\)](#)

Peer support for family members of a Veteran who has an operational stress injury.

Some examples of an operational stress injury include:

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[Learn more](#)

- [Grave marker maintenance](#)

Ensures proper care of all graves that were installed by the Government of Canada.

Some examples of what this program may provide:

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[Learn more](#)

- [Veterans Independence Program for survivors](#)

Payments for home services to help qualifying survivors to remain independent and self-sufficient in their home.

Some examples of what this program may cover:

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[Learn more](#)

- [Canadian Forces Income Support- Survivors](#)

A monthly payment to help low-income survivors and dependent children of a CAF Veteran who has passed on.

[Learn more](#)

- [Vocational assistance](#)

Coaching, support or other training to help a qualifying spouse or survivor return to work.

Some examples of what this program may provide:

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[Learn more](#)

- [Group health insurance](#)

Health coverage for you and your family through the Public Service Health Care Plan.

Some examples of what this program may cover:

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[Learn more](#)

- [Educational assistance for children](#)

Post-secondary financial assistance for children of a Veteran or CAF member who has passed on.

Some examples of what this program may cover:

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[Learn more](#)

- [Assistance Fund](#)

If you receive the War Veterans Allowance, you can get quick access to funds to help in an emergency.

[Learn more](#)

- [Case management](#)

One-on-one support to help with a significant challenge in your life.

Some examples of what this program may provide:

- [Learn more](#)

- [Speak to a chaplain](#)

You and your immediate family can get spiritual support when the need arises through VAC's pastoral outreach service. You may be interested in pastoral support if you are:

- [Learn more](#)

2022 Veterans disability compensation rates

Review 2022 Veterans disability compensation rates. Use our compensation benefits rate tables to find your monthly payment amount. We base your monthly payment amount on your disability rating and details about your dependent family members.

Compensation rates for Veterans with a 10% to 20% disability rating

Effective December 1, 2021

Note: If you have a 10% to 20% disability rating, you won't receive a higher rate even if you have a dependent spouse, child, or parent.

Disability rating	Monthly payment (in U.S. \$)
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10%	152.64
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20%	301.74
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Compensation rates for Veterans with a 30% to 100% disability rating

Effective December 1, 2021

With a dependent spouse or parent, but no children

Expand all +

Compensation rates for 30% to 60% disability rating

Compensation rates for 70% to 100% disability rating

With dependents, including children

Expand all +

Compensation rates for 30% to 60% disability rating

Compensation rates for 70% to 100% disability rating

Note: We're required by law to match the percentage of cost-of-living adjustments made to Social Security benefits. These adjustments help to make sure that the purchasing power of your benefits keeps up with inflation.

[Get the latest cost-of-living adjustment \(COLA\) information on the Social Security Administration's \(SSA\) website](#)

How to use the tables to find your monthly payment

Find your basic rate

Go to the compensation rates for your disability rating. On the Basic rates table, find the amount for your disability rating and dependent status. This is your monthly basic rate.

Example (Veteran with no children):

If you're a Veteran with a 30% disability rating, and you have a dependent spouse (no dependent parents or children), your monthly basic rate would be \$522.39 each month.

Find your added amounts, if any apply

If your spouse receives Aid and Attendance benefits or you have more than one child, you may qualify for additional monthly payment amounts as listed in the Added amounts table.

[Learn more about Aid and Attendance benefits](#)

First, determine your basic rate.

Example (Veteran with children):

If you're a Veteran with a 70% disability rating, and you have a spouse, plus 3 dependent children under the age of 18, you would start with the basic rate of \$1,754.95 (for a Veteran with a spouse and 1 child).

Next, look at the Added amounts table. Find the amount for children under age 18 (\$64.00).

Since your basic rate already provides payment for 1 child, you would add the rate of \$64.00 for each additional child (so \$64 x 2).

If your spouse receives Aid and Attendance, you would also add \$119 (which is the added amount for a spouse receiving Aid and Attendance, for a Veteran with a 70% disability rating).

In our example of a Veteran with 70% disability rating, your total monthly payment amount would be:

\$1,754.95 basic rate (1 spouse, 1 child)
+ \$64 (second child under 18)

+\$64 (third child under 18)
+\$119 (spouse who receives Aid and Attendance)
Total \$2,001.95

Past rates

Review Veterans disability compensation rates for past years.

[2021 rates](#) (effective December 1, 2020)

[2020 rates](#) (effective December 1, 2019)

[2019 rates](#) (effective December 1, 2018)

IN THE MEDIA

[Prime Minister Trudeau delivers apology for racism affecting No. 2 Construction Battalion of the First World War Canadian Expeditionary Force](#)

[Training underway at CFB Borden for Arctic mission](#)

[Justin Trudeau s'excuse officiellement auprès des descendants de militaires noirs](#)

[Canada to send 39 London, ON-made armoured vehicles to Ukraine to help war efforts](#)

[Un nouveau déploiement en Roumanie pour des militaires de Bagotville](#)
[Canadian Forces sex assault case transfer plans spark funding fight with provinces](#)

[2 veterans become first to paddleboard around P.E.I. for injured soldiers](#)

[Des hélicoptères militaires en exercice dans le ciel en Montérégie et en Estrie](#)

[Video: Taking mines out with bare hands. How sapper divers work](#)

[Lacrosse methods at wartime changed course of history](#)

STAY IN TOUCH WITH THESE CF NEWSPAPERS

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

22 Wing North Bay — [The Shield](#)

4 Wing Cold Lake — [The Courier](#)

CFB Esquimalt — [The Lookout](#)

CFSU Ottawa — [The Guard](#)

CFB Shilo — [The Shilo Stag](#)

19 Wing Comox — [The Totem Times](#)

8 Wing Trenton — [The Contact](#)

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)

CFB Kingston — [Garrison News](#)

CFB St Jean — [The Servir](#)

3 Wing Bagotville — [The Vortex](#)

CFB Borden — [The Citizen](#)

CFB Petawawa — [The Petawawa Post](#)

Base Gagetown — [Gagetown Gazette](#)