

This weeks Media Report will focus on Long Term Care, Caregiver Recognition, Primary Caregivers, Veterans Independence Program, Survivors and Dependent Children. We all adjust differently to major life changes. For you and your family, the transition to post-service life means big changes, and sometimes challenges. It is a unique experience that we will all as veterans face one day.

### Attendance allowance you may need the help of a caregiver on a daily basis

If you have a serious disability you may need the help of a caregiver on a daily basis. The attendance allowance helps to cover the cost of hiring a caregiver to assist you in your day-to-day life.

#### About this program

The attendance allowance helps to cover the cost of hiring a caregiver to assist you in your day-to-day life. The amount you can receive is based on the level of care you need, from occasional to full-time supervision and care.

The amount of the allowance is based on a grade from 1-5 that reflects the nature of your disability.

#### Do you qualify?

You should apply for attendance allowance if you:

- Have a disability pension of 1% or more or receive Prisoner of War compensation
- Are totally disabled, whether your condition was service-related or not
- Need assistance with [activities of daily living](#) (such as eating, bathing, dressing, or moving)

#### How to apply

##### Before you submit

In most cases, you do not need to submit an application for this allowance. Your case manager will apply for you based on the medical questionnaire you submitted as part of your disability benefits application.

If you believe that you, or someone you know, is eligible for this allowance you can [contact us](#) or your case manager. You can also apply online, or by mail or in person.

##### Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can [register now](#).

##### Mail or in person

Download the application form. Then, drop it off at a [VAC office](#). You can also mail your completed application directly to the address listed on the form.

The staff at any [VAC office](#) can assist you, or call us at 1-866-522-2122.

#### Additional information

Find out more

For more details about how grades for the attendance allowance are determined, see [Table 2 – Grade Levels – of the Table of Disabilities](#).

If you know your grade, the Attendance Allowance [rates table](#) shows the amount by grade.

Learn more about what qualifies as [totally disabled](#).

Related programs

[Disability pension](#): A monthly benefit to Veterans who have a service-related injury or illness.

[Prisoner of War compensation](#): Monthly compensation if you were taken prisoner or detained by enemy forces.

[Exceptional incapacity allowance](#): A monthly benefit when your disability is causing a major financial impact on your life.

[Clothing allowance](#): A monthly benefit when your disability causes wear and tear on your clothing or the need for custom-made clothing.

Frequently asked questions

How much could I receive?

The amount you receive depends on the nature of your disability. A grade level between 1 and 5 is assigned depending on the impact your disability has on your ability to live independently. Grade 1 is the highest grade. See the [current rates](#).

If I apply for the benefit and get declined, can I appeal?

Yes. If you are not satisfied with a decision you may apply in writing for a review. Learn more about your [review and appeal options](#).

Are there policies for this program?

Yes. Read more about the [attendance allowance policies](#).

Caregiver Recognition Benefit

Do you need assistance with daily activities? When you have a serious disability you may need help with activities of daily living such as eating, walking, dressing, etc.

About this program

Having a disability sometimes means you need ongoing care to remain in your home. The Caregiver Recognition Benefit recognizes the important role a caregiver delivers on a day-to-day basis by providing them \$1000 per month, tax free.

To receive this benefit your case manager will conduct or arrange an assessment to confirm that you require the assistance of a caregiver.

Do you qualify?

You should apply for the Caregiver Recognition Benefit if:

- are a former member of the Canadian Armed Forces,
- have a Disability Award,
- you are not a permanent resident of a nursing home or long-term care facility,
- require ongoing assistance with activities of daily living related to your awarded condition, and
- your ongoing care (expected to last at least 12 months) should be to the extent that:

- you need daily physical assistance of another person for at least four of your activities of daily living (See: [What are activities of daily living?](#) ), and
- your informal caregiver is:
  - not paid to provide or co-ordinate your care; and
  - 18 years of age or older

\* This program is only available to recipients of a disability award. If you have a disability pension or POW compensation of 1% or more, you can apply for a similar benefit—the [Attendance allowance](#).

How to apply

Before you apply

As part of your application, your caregiver will be asked to provide proof of identity, for example a driver's licence. We need this from any person applying to Veterans Affairs Canada (VAC) for the first time.

Fill out the application form with your caregiver. Both of you must sign the form.

You can expect a decision within eight weeks of submitting your application. Your caregiver will begin to receive the benefit within nine weeks.

Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. My VAC Account offers a guided web form that makes applying easier. If you aren't registered, you can [register now](#).

Mail or in person

Download the application form. Then, drop it off at a [VAC office or CAF Transition Centre](#). You can also mail your completed application directly to the address listed on the form.

Get help with your application

The staff at any [VAC office](#) or [Transition Centre](#) can assist you, or call us at 1-866-522-2122.

Additional information

Find out more

See the [current rates](#).

Over time, to ensure your health and well-being, we may perform a review or re-assessment of your situation once you're in the program.

Please let us know if your caregiver changes. You will need to submit a new application any time your caregiver changes.

Related programs

[Caregiver Zone](#) - Online support and resources for those who care for Veterans.

[Disability Benefit](#) - Compensation for your service-related injury or illness.

[Attendance allowance](#) - Monthly payments if your health needs require personal care support.

Frequently asked questions

If I apply for the benefit and get declined, can I appeal?

Yes. If you are not satisfied with a decision you may apply in writing for a review. Learn more about your [review and appeal options](#).

If the benefit is paid to my caregiver, why do I need to apply?

Since it is your health needs that require the services of a caregiver, you must apply for the benefit. However, your caregiver is required to complete and sign a section of the application. If you have granted power of attorney to someone, that person may apply on your behalf.

Is there a time limit to apply for this benefit?

You can apply for this benefit at any time.

Are there policies for this program?

Read more about the [Caregiver Recognition Benefit policies](#).

More [Caregiver Recognition Benefit FAQs](#).

### Veterans Independence Program for primary caregivers

Could home care services help you remain independent in your own home? The Veterans Independence Program for primary caregivers provides annual funding to help cover the cost for services such as grounds maintenance and housekeeping.

#### •About this program

The Veterans Independence Program for primary caregivers provides annual funding to help cover the cost for services such as grounds maintenance and housekeeping. This program helps the primary caregivers – of a Veteran who was receiving the Veterans Independence Program and who has now moved to long term care or is deceased – remain in their home and community.

This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

Do you qualify?

To qualify for either housekeeping and/or grounds maintenance, the Veteran must have been eligible for that service through the Veterans Independence Program and has now moved to long term care or is deceased.

You should apply for the Veterans Independence Program for primary caregivers if you:

- were the primary caregiver (unpaid) to the Veteran,
- lived in the Veteran's primary residence for at least a year prior to the their passing or admission to a long term care facility,
- currently live in Canada, and
- have a health-related need for these services.

How to apply

Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can [register now](#).

Mail or in person

Download the application form. Then, drop it off at a [VAC office or at any Service Canada office](#). You can also mail your completed form directly to the address listed on the form.

Get help with your application

The staff at any [VAC office](#) can assist you, or call us at 1-866-522-2122.

Additional information

Find out more

More details about the [maximum rates for the Veterans Independence Program](#).

Related programs

[Veterans Independence Program](#): Payments for home and health care services that you need to remain independent at home.

[Veterans Independence Program for survivors](#): Helps the spouse or survivor of a Veteran remain in their home and community.

Frequently asked questions

What is the fastest way to apply for VIP services?

The fastest way to apply is by using [My VAC Account](#). Other methods are also available, see '[How to Apply](#)' for more information.

I am currently living outside of Canada, can I still receive my VIP benefits?

Unfortunately, Veterans Independence Program payments can only be provided to you when you are residing in Canada.

Can I choose any provider of services?

You may obtain services from the provider of your choice.

How is my housekeeping/grounds maintenance grant calculated?

The housekeeping and grounds maintenance grants are calculated based on your level of need and the going rate for these services in your area, up to [allowable maximum amount](#). These rates are determined by a review of costs for these services across the country, including the labour market index. This national rate table shows the [going rates payable by geographic area](#).

Where can I find the policies for this program?

Read the [Veterans Independence Program policie](#)

[Veterans Independence Program for survivors](#)

Could home care services help you remain independent in your own home? The Veterans Independence Program for survivors provides annual funding to help cover the cost for services such as grounds maintenance and housekeeping.

About this program

The Veterans Independence Program for survivors provides annual funding to help cover the cost for services such as grounds maintenance and housekeeping.

This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

Do you qualify?

To qualify, your spouse must have been receiving or eligible for a Disability Pension or the War Veterans Allowance and has now moved to long term care or is deceased.

If that was the case, you should apply for the Veterans Independence Program for survivors if you:

- are low-income (and receive the [Guaranteed Income Supplement](#) ); or
- are disabled (and receive the [Disability Tax Credit](#) ); and
- have a health-related need for these services, and
- currently live in Canada.

How to apply

Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can [register now](#).

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Related programs

[Veterans Independence Program](#): Payments for home and health care services that you need to remain independent at home.

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Where can I find the policies for this program?

Read the [Veterans Independence Program policies](#)

As a caregiver, it is important to look after yourself too. The Caregiver Zone provides support and information on a wide range of topics.

## About the Caregiver Zone

As a caregiver, it's important that you protect your own health and well-being. The Caregiver Zone is an online resource that provides videos and other resources, on a wide range of topics, specifically for family members caring for ill or injured Veterans.

This online resource offers:

- Reference library: A large collection of articles, education, videos, tools, and more on a wide range of caregiving topics.
- Community of Sharing: A safe and positive community to share stories, experiences, and caregiving wisdom with other caregivers.
- Caregiver Coach Support: Expert and resourceful Health Care Professionals who provide personalized guidance and advice.
- Resources: A list of helpful services, organizations and resources.

Caregiver Zone is free. You only need to create an account to get started.

## Related programs

[Caregiver Recognition Benefit](#) - Monthly payments for the unpaid caregiver of an ill or injured Veteran with significant care needs.

[Veterans Independence Program](#) - Payments for home and health care services that you need to remain independent at home.

## Further Reading

[Your new mission](#) - We all adjust differently to major life changes. For you and your family, the transition to post-service life means big changes, and sometimes challenges. It is a unique experience.

[One Veteran's insights about leaving the Forces](#) - Chief Warrant Officer (Retired) Shawn Patterson, MMM, CD, served 37 years with the Canadian Armed Forces. An outspoken Veterans' advocate, Shawn shares his insights on Veteran identity and the challenges and rewards of transition to life after service.

### YES survivors and surviving dependent children are eligible for the Pension for Life

Are survivors and surviving dependent children eligible for the Pension for Life?

Yes, survivors and surviving dependent children are eligible for two of the Pension for Life benefits, which are: the Pain and Suffering Compensation; and the Income Replacement Benefit.

Is Veterans Affairs Canada taking anything away from survivors through the Pension for Life?

No, the Department is committed to supporting members, Veterans and their survivors. Through the Pension for Life, Veterans Affairs Canada is increasing survivors' eligibility for financial benefits through the Income Replacement Benefit and is increasing the amount that is payable to them from 50 to 70% (for details see next question).

What can survivors and surviving dependent children receive under the Income Replacement Benefit?

Eligibility for survivors and surviving dependent children to benefits has increased through the Income Replacement Benefit, and the amount they will be paid has also increased.

For example, if a Veteran in receipt of the Income Replacement Benefit dies before age 65 of non-service related causes, the survivor and surviving dependent children will be eligible for a lump-sum payment equal to 24 months times the amount the Veteran received in the month before he or she died.

Currently, the survivor and/or surviving dependent children do not have access to benefits if the Veteran was in receipt of short-term Earnings Loss, and survivors are only eligible for the Supplementary Retirement Benefit if the Veteran was in receipt of long-term Earnings Loss.

If a Veteran dies after age 65 of non-service related causes, survivors and surviving dependent children will be eligible for 70% of the Veteran's post-65 Income Replacement Benefit. Currently, survivors are only eligible for 50% of the Veteran's post-65 Retirement Income Security Benefit and surviving dependent children are not eligible for the Retirement Income Security Benefit.

If a member or Veteran dies before age 65 of service-related causes, the survivor and/or dependent children will be eligible for the same Income Replacement Benefit that the Veteran would have been eligible for until age 65. After age 65, the survivor and/or dependent children will receive 70% of the benefit the Veteran would have been eligible to receive which is payable for life (this is an increase from the current 50%).

If a Veteran dies after age 65 of service-related causes, the survivor and/or surviving dependent children will receive 70% of the Veteran's post 65 Income Replacement Benefit (70%) which is an increase from the current 50%.

### Division of the Benefit

If an Income Replacement Benefit is payable to a survivor and/or surviving dependent children, the following rules apply to the division of the benefit: If there is a survivor but no surviving dependent children, the survivor will receive 100% of the Income Replacement Benefit.

If there is a survivor and one or more surviving dependent children, the survivor is entitled to 50% of the Income Replacement Benefit and the surviving dependent children, as a group, are entitled to 50% of the Income Replacement benefit divided equally between them.

If there are one or more surviving dependent children but no survivor, each of the surviving dependent children is entitled to the amount obtained by dividing the Income Replacement Benefit by the number of surviving dependent children.

What can survivors and surviving dependent children receive under the Pain and Suffering Compensation?

Survivors and surviving dependent children have the same eligibility that they have now with the Disability Award.

For example, if a member or Veteran in receipt of a monthly Pain and Suffering Compensation payment dies, the survivor and dependent children would receive the remaining balance as a lump sum.

In addition, the survivor and/or surviving dependent children can apply for any Pain and Suffering Compensation that the member or Veteran did not apply for when alive. This compensation will be paid to survivors and dependent children as a lump sum amount.

What can survivors and surviving dependent children receive under the Additional Pain and Suffering Compensation?

Survivors and surviving dependent children are not currently eligible for the Career Impact Allowance. This eligibility will not change when the Additional Pain and Suffering Compensation comes into effect. Therefore, survivors and surviving dependent children will not be entitled to the Additional Pain and Suffering Compensation.

If a member or Veteran dies before April 1, 2019, what will survivors and surviving dependent children be eligible for?

If a member or Veteran dies before April 1, 2019, survivors and surviving dependent children will be eligible to existing benefits currently in place. This could include: Career Transition Services, Rehabilitation, Earnings Loss, Supplementary Retirement Benefit, Retirement Income Security Benefit, Detention Benefit (payable to the estate), Disability Award and Death Benefit.

Survivors and surviving dependent children can be reimbursed up to \$500 for fees for financial counselling associated with their Disability, Death or Detention Benefit payments.

If a survivor or surviving dependent child is in receipt of financial benefits prior to April 1, 2019, what happens to those benefits?

Survivors and surviving dependent children entitled to Earnings Loss or the Retirement Income Security Benefit prior to April 1, 2019 will automatically be transitioned to the Income Replacement Benefit, just like Veterans. If the Income Replacement Benefit amount is less than what they were receiving for Earnings Loss or the Retirement Income Security Benefit, they will receive a "protected amount" which will be indexed annually. This means they will not receive less on April 1, 2019.

Survivors will also automatically receive any lump-sum Supplementary Retirement Benefit to which they are entitled after the Pension for Life benefits come into effect.

Survivors and surviving dependent children who received a Disability Award payment between 2006 and 2019 in relation to a deceased member or Veteran will not receive an

additional monthly amount as a result of the introduction of the Pain and Suffering Compensation.

### How can I get my Veteran's Service Card? Some Veterans Still have questions

#### Frequently asked questions

Q1. I am releasing from the Canadian Armed Forces shortly, how can I get my Veteran's Service Card?

A1. The Canadian Armed Forces release administrator will automatically request a Veteran's Service Card for you when you declare your intent to release from the CAF. Your card will be presented to you by the release administrator during your final release interview.

Q2. Can I use the new Veteran's Service Card as an official identification card?

A2. The new Veteran's Service Card is not intended for official use as an ID card. It is not recognized as an official ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on identification cards.

Q3. Does this new card replace the CFOne card?

A3. The Veteran's Service Card is not intended to replace the [CFOne card](#). CAF members, veterans, and their families may apply for a CFOne card, which allows access to programs and services delivered by Canadian Forces Morale and Welfare Services (CFMWS), including the CANEX Rewards Program and the CF Appreciation Program.

Q4. When will the new cards be available to veterans who released before September 2018?

A4. Eligible veterans who were released between February 2016 and September 2018 can now apply for their Veteran's Service Card.

Eligible veterans who released prior to 2016 can request their Veteran's Service Card during stage three, during the summer of 2019.

Q5. I already have an NDI 75 card. Should I apply for the new card to replace it?

A5. If you already have a previously-issued NDI 75 card there is no advantage to applying for the new Veteran's Service Card.

Q6. My father was a veteran who served in the Canadian Forces in the 1980s and is now deceased. I have all his service information. Will I be able to apply for a Veteran's Service Card in his name on behalf of his estate?

A6. The Veteran's Service Card will not be issued to deceased members' estates.

Q7. Where can I find an application form for the new Veteran's Service Card?

A7. The online application form for veterans who released between 2016 and 2018 (stage two) is now accessible at [Veteran's service card](#) web page. A process for requests for VSCs by eligible veterans who released prior to 2016 (stage three) will be established during the summer of 2019.

Q8. Is there anyone who can help me with my application for the new Veteran's Service Card?

A8. CAF members and Veterans can send their questions to [VSCQuestions.EnquetesCSAC@forces.gc.ca](mailto:VSCQuestions.EnquetesCSAC@forces.gc.ca). All serving CAF members and veterans are

also encouraged to register for a [My VAC Account](#) to learn about the full range of VAC benefits and services.

Q9. Where can I find more information?

A9. For general information on the new Veteran's Service Card, please visit [Veteran's Service Card](#) web page, and follow the Canadian Armed Forces on CAF Facebook and on Twitter @CanadianForces. More information about the CAF personnel initiatives in Canada's Defence Policy may be found in Chapter One of [Strong, Secure, Engaged \(SSE\)](#).

Q10. The word "Veteran" is on the Veteran's Service Card. What is the link with Veterans Affairs Canada (VAC)?

A10. The card was rolled out as a joint CAF / VAC initiative that will enable CAF members, veterans, and their families to better connect with their communities. It's a symbol of recognition for former members, and encourages an enduring affiliation with the CAF.

Q11. Why is issuing the Veteran's Service Card important? Is there any connection with CAF personnel initiatives being implemented under Canada's Defence Policy, Strong, Secure, Engaged (SSE)?

A11. Canada cannot meet its defence needs at home and abroad without dedicated, motivated, and highly skilled people. The many CAF personnel initiatives being implemented under SSE are vital in ensuring our women and men in uniform not only succeed in operations, but are also fully supported from recruitment through retirement, and beyond. In issuing the Veteran's Service Card, the CAF is demonstrating that it is committed to enhancing member support.

Q12. Why is there a delay in providing a Veteran's Service Card to veterans who released from the CAF prior to February 2016?

A12. Approximately 450,000 veterans who released honourably before 2016 are eligible to receive the new Veteran's Service Card. The CAF and VAC are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

Q13. I served in the CAF for two separate, non-consecutive periods. The first time was for eight years in the Reserve Force in the 1990s, reaching the rank of Sergeant, and then again in the Regular Force, from 2003 to 2007. I was given credit for prior military service when I re-enlisted in 2003, but because I also changed trades I was reduced by two ranks to Corporal. I released for the second time in 2007 as a Master Corporal. Will my Veteran's Service Card reflect my Sergeant rank?

A13. For administrative consistency, and to maintain the integrity of the Veteran's Service Card for all veterans, it will show the rank the member held upon final release from the CAF. There are a number of reasons that a CAF member's rank on final release could be lower than at some other time during their period of service. This could include because the member:

- temporarily held an acting higher rank;
- was demoted a rank or more because of a court martial or administrative action; or
- accepted a reduced rank to re-train when changing environments, components, or military occupations.

The rank on final release is a standard that can be applied equally to all VSC recipients.

## How to Register for My VAC Account in two steps

This is how you can check on all your claims, wait times, previous claims and any thing else with Veterans Affairs.

### Step 1

Choose a secure Sign-In method. You can choose to sign in with GCKey or with Sign-In Partner. Both of these options allow you to establish a My VAC Account username and password and can be used to access multiple Government of Canada services.

What's the difference between Sign-In Partner and GCKey?

Sign-in Partner – This service allows you to sign in using your existing online banking username and password. When using sign-in Partner, NO personal or financial information is ever shared between VAC and your chosen Sign-In Partner.

TIP: If you use online banking, the Sign-In Partner option is quick and easy. You will not need to remember a new username and password.

If you do not do business with any of the Sign-in Partners, or if you prefer, you can sign in to My VAC Account using GCKey.

GCKey – This is a Government of Canada issued credential. You may have a GCKey already if you use other federal government online services. If you do not have a GCKey already, it's easy to sign up.

Remember to always keep your username and password private so no one else can access your personal information.

For more information, see our [Frequently Asked Questions](#).

### Step 2

Link your VAC Account with your Sign-In.

IF you've done business with VAC before...

You will need to enter ONE of the following:

CAF service number or RCMP regimental number

VAC file number

VAC Health ID number

CSDN ID number

Where can I find these numbers?

Your VAC file number is in the top right corner of any decision letter you have received from VAC.

Your VAC Health ID number is found on your VAC Health Identification Card.

Your CSDN ID is on any forms you have received from VAC.

Then you will need to confirm your identity —there are three easy options to do this:

Online - You will be asked to respond to five questions online, based on information you have given us in the past.

Get a VAC enrollment code by

Calling us at 1-866-522-2122 or

Visiting us in person

Canada Revenue Agency (CRA) - You will be temporarily re-directed to the CRA website to either register for or log in to CRA My Account. If you need to register, it could take 5 to 10 business days.

OR, if you're new to VAC...

You will be asked basic information about yourself, including your CAF service number or RCMP regimental number so our system can verify that your information is not already on file with us.

Note: If a file exists (even if it was created some time ago) the system will prompt you to contact us.

Once this step is complete, you can get started in My VAC Account!

Canadian military wants retired pilots to come back – system needs to be flexible to allow that, says general | Ottawa Citizen

Canadian military wants retired pilots to come back – system needs to be flexible to allow that, says general

<https://ottawacitizen.com/news/national/defence-watch/canadian-military-wants-retired-pilots-to-come-back-trying-to-make-system-flexible-to-allow-for-that>

Bare legs, ponytails and flats now allowed for women as Canadian Forces update dress regulations

<https://nationalpost.com/news/bare-legs-ponytails-and-flats-now-allowed-for-women-as-canadian-forces-update-dress-regulations>

If you have been medically released or are a Canadian Armed Forces Veteran with a service-related injury or illness

You may be eligible to participate in the Veterans Affairs Canada (VAC) Rehabilitation and Vocational Assistance Program. In certain cases, spouses, common-law partners and survivors may also access these services. Once you have been approved for the VAC Rehabilitation program, your case manager can refer you to Canadian Veterans Vocational Rehabilitation Services (CVVRS) for assessment. For more information or to determine if you qualify for the VAC Rehabilitation and Vocational Assistance Program, please contact Veterans Affairs Canada toll-free at 1-866-522-2122.