

Media Report 19 May 2023

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 health.

NVOC Unit 3 Spring Luncheon

I am pleased to announce that the first of these functions will be held at the **Merrickville Legion on the 7 of June starting at 11:30**. This is a mixed function and the cost will be \$20 per plate for a hot sit down luncheon. Payment will be made on the day of the event. Dress will be casual.

All the National Board Members have confirmed their attendance and have agreed to keep any speeches to a minimum.

We look forward to seeing you there. RSVP Please NLT Sunday the 28 of May so I can confirm the final numbers with the Legion Staff.

Doug Husson
Chairman Unit 3
613 283 6037

Veterans Independence Program for primary caregivers General Questions Answers on the Caregiver Recognition Benefit?

Quick links

1. [About this program](#)
2. [Do you qualify?](#)
3. [How to apply](#)
4. [Additional information](#)
5. [Frequently asked questions](#)

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.

The Veterans Independence Program for primary caregivers provides annual tax-free 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.

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.
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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](#).

My VAC Account

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.

Go to form

Get help with your application

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

Find out more

See [current maximum rates payable](#) for these services.

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 communn

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 policies](#).

General Questions

Q1. What is the Caregiver Recognition Benefit?

The Caregiver Recognition Benefit provides informal caregivers with a monthly tax-free payment to recognize the contributions caregivers make to the health and well-being of Veterans. The Caregiver Recognition Benefit is paid directly to the informal caregiver designated by the Veteran. [View current rates](#).

Q2. I heard there have been changes made to CRB. What are they?

The Caregiver Recognition Benefit Policy has been updated to include clearer definitions on eligibility criteria set out in the *Veterans Well-being Regulations*, particularly for Veterans living with mental health conditions.

Also, we will now pause the Caregiver Recognition Benefit application if there are health assessments underway that could support the Veteran's application or seek updated information that better reflects the Veteran's current health status.

Q3. How do these changes affect me?

The updates to the policy make it easier to apply for the Caregiver Recognition Benefit. The eligibility criteria for Veterans with mental health conditions is more clear and we've reduced the administrative burden on Veterans and their caregivers.

Eligibility

Q4. Who is eligible for the Caregiver Recognition Benefit?

You may receive the Caregiver Recognition Benefit if:

- you are in need of ongoing care as a result of a service-related disability;
- you are not a permanent resident of a nursing home or long-term care facility,
- you are a former member of the Canadian Armed Forces; and,
- have a Disability Award or Pain and Suffering Compensation*.

*If you have a disability pension (or POW compensation) of 1% or more, you may be eligible to receive support through [Attendance allowance](#).

Q5. What are activities of daily living?

Activities of daily living are those necessary for self-care. They include:

- feeding – the ability to eat and drink prepared foods (e.g. cutting up food, buttering bread, etc.);
 - washing – the ability to wash your face, trunk, extremities and hair;
 - dressing – putting on and taking off all pieces of indoor and outdoor clothing;
 - grooming/foot care/personal care – the ability to brush your hair and teeth, shave and apply make-up, skin and nail care, cleansing and personal care associated with toileting;
 - toileting – the ability to get to and from the toilet facilities and the ability to control continence of bowel and bladder;
 - taking medication – the ability to prepare and self-administer medication; and,
 - mobility
 - transfers – changing body position independently (e.g., positioning the body from lying to sitting, sitting to standing, lying on the back to lying on the side)
 - ambulation – moving the body from one point in space to another (e.g., climbing stairs, walking).
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Q6. What if my Disability Award and/or Pain and Suffering Compensation is for a mental health condition and not a physical condition? Can I still apply for the benefit?

Yes. If you have a mental health condition, you may be approved for the benefit, as long as you meet the above-noted criteria (please see [Q4](#)).

Q7. Can serving Canadian Armed Forces (CAF) members receive the Caregiver Recognition Benefit?

No. Members of the CAF who are currently serving are not eligible for the Caregiver Recognition Benefit. If you're a CAF member that has an upcoming release date, within six (6) months, you can apply for the Caregiver Recognition Benefit. A decision on your eligibility for the Caregiver Recognition Benefit will be rendered once your release date is verified by CAF. If you are approved for the benefit, the effective payment date will be the 1st day of the month of your release. If you release on the last day of the month, the effective payment date will be the 1st of the following month.

Applications

Q8. How do I apply?

If you are registered for My VAC Account, you can access the application for the Caregiver Recognition Benefit online. If you are not registered; you can [register now](#).

You can also call us at 1-866-522-2122 to have an application mailed to you.

All applications must be signed by both the Veteran and caregiver. Download the [application](#) and fill it out with your caregiver.

You can send a complete printed application form to us directly by mail or upload a copy on your My VAC Account.

Veterans Affairs Canada
PO Box 6000
Matane, QC G4W 0E4

Q9. When can I expect a decision and when will my caregiver receive a payment?

You can expect a decision within eight weeks of submitting a complete application. If approved, your caregiver will begin to receive the benefit within nine weeks and is payable the first day of the month we received your application.

Q10. What if I need help with my application?

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

*Offices may not be open due to COVID restrictions. Please call 1-866-522-2122 to confirm.

Q11. Will I need to provide any additional information with my application?

Providing medical evidence is not mandatory when you apply for the Caregiver Recognition Benefit. However, you have the *option* of providing supportive medical documentation as evidence to support your application. We may also ask that you participate in an assessment with one of our health professionals.

Q12. Is there a time limit to apply for this benefit?

No. You can apply for this benefit at any time. If approved, the Caregiver Recognition Benefit is payable the first day of the month we received your application.

Appeals

Q13. If my application is denied, can I appeal the decision?

Yes. You can request a review of a decision by contacting Veterans Affairs Canada in writing, by mail or by My VAC Account, within 60 days of the date

you receive the decision. You are not required to provide additional information for a review, but you may do so if you believe it may help explain why you feel the decision was incorrect.

Ongoing Eligibility

Q14. Do I need to renew this benefit yearly?

No. The Caregiver Recognition Benefit is paid on an ongoing basis to a Veteran's designated informal caregiver as long as the Veteran continues to meet the eligibility requirements. No renewal applications are required. However, you or your caregiver may be asked to provide supporting information and undergo an assessment to confirm ongoing eligibility.

Q15. If my health improves and I no longer require a caregiver, what do I need to do?

If your circumstances change and you no longer require a caregiver please call us at 1-866-522-2122 to let us know as soon as possible. This will stop payments to your caregiver so that they are not in an overpayment situation. It is your responsibility to inform VAC if your needs or circumstances change.

Q16. What do I need to do if I move into a long term care facility?

Please notify us as soon as possible if you permanently move into a long term care facility. This will stop payments to your caregiver so that they are not in an overpayment situation.

Caregivers

Q17. Who is considered a caregiver?

A caregiver is a person 18 years of age or older who plays an essential role in the provision or coordination of ongoing care to you in your home for which they receive no payment.

The informal caregiver is not required to live with you. At the time of application, the caregiver will need to provide proof of identity (e.g. driver's license) and attest to the fact that they are:

- 18 years of age or older;
 - plays an essential role in providing or coordinating your ongoing care in your home; and,
 - is not paid for providing or coordinating this care.
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Q18. If the benefit is paid to my caregiver, why can't my caregiver apply?

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

Q19. Can I change my caregiver?

Yes. If you want to change your caregiver, please call us to let us know as soon as possible. You will need to submit a new application (VAC1540e). An application will take approximately eight weeks to process and if approved, your new caregiver can expect payment within nine weeks. The payable date will be the first day of the month in which the application is received.

Q20. Can a caregiver receive the benefit on behalf of multiple Veterans?

Yes. It is possible for more than one Veteran to designate the same caregiver. The caregiver must be capable of fulfilling the role of providing support to multiple Veterans in order to be entitled to receive multiple payments.

Q21. Can the benefit be paid to my caregiver if we do not reside in the same household or even live in the same country?

Yes. The caregiver is not required to reside with the Veteran or even reside in the same province or country, as long as they demonstrate that they are coordinating the care for the Veteran and meet all other eligibility criteria. The benefit can be paid to your caregiver even if you both live outside Canada.

Q22. Are payments to the caregiver retroactive to the date of application if there is a delay in processing?

If your application is approved, the Caregiver Recognition Benefit is payable from the first day of the month we receive your application.

Resources

Q23. What other resources are available for caregivers?

Veterans Affairs Canada can provide access to some resources that may be beneficial for you or your caregiver:

[Caregiver Zone](#)

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.

[VAC Assistance Service](#)

You can talk to a mental health professional by calling the VAC Assistance Service 24/7 at 1-800-268-7708 or 1-800-567-5803 for the hearing impaired. This service is confidential and free.

[Peer Support](#)

Talk to someone who can relate. A peer support network for CAF members, Veterans and their families experiencing an operational stress injury (OSI).

[LifeSpeak](#)

LifeSpeak is a self-help website with videos and information about mental health, nutrition and more. For more information:

[Pastoral Outreach](#)

Veterans and their immediate family can get spiritual support when the need arises through VAC's pastoral outreach service.

Dear fellow chapter members,

This is a follow up to the e-mail I sent out on April 29th.

Reminder, there will be a **celebration of the 75th Anniversary of Peacekeeping coming up on Monday, May 29th.**

It begins with a commemoration at the National War Memorial at 10:45am, followed by a reception at the Shaw Centre from noon to 6pm.

They are hoping to get a strong turnout.

Please confirm your attendance by May 19 by e-mailing: Commemoration-rsvp-commemoration@veterans.gc.ca

Thank you,

Preplanning

www.beechwoodottawa.ca

613 9097837

Contact Manon Bourbeau

Veteran Family Program

Medically releasing from the military is a big change for you and your family. A Veteran Family Program coordinator can help you identify your family's needs and help you plan a successful transition.

The Veteran Family Program offers medically-releasing CAF members and their families continued access to the Military Family Resource Centres and to a suite of transition-support programs and services, which include:

- [the Family Information Line](#)

- a suite of [transition programs, courses and group sessions](#) including a [mental health first aid course](#), [couples overcoming PTSD everyday \(COPE\)](#), [Operational Stress Injury Resource for Caregivers](#), and [Shifting Gears](#)
- [resources and tools](#) such as personalized access to a Veteran Family Program coordinator and the [Veteran Family Journal](#)

When it comes to transition, every path is different. The first step is choosing a direction. To help with that, the program coordinator will help you develop your family's "care plan". This plan will identify the right programs and services for your needs such as local resources, transition programs, referrals or intervention support.

- a medically-releasing CAF member
 - a medically-released Veteran
 - a family member of a medically-released Veteran
 - a bereaved family member of a medically-releasing or medically-released Veteran
-

There is no application form for the Veteran Family Program.

- Visit your local [Military Family Resource Centre](#) (MFRC) and ask for the Veteran Family Program Coordinator. You and your family can walk in any time. You don't need an appointment.
 - You can also call the Family Information Line at 1-800-866-4546 or email FIL@CAFconnection.ca
-

Find out more

To help build your family care plan, the [Veteran Family Journal](#) is available online.

Visit cafconnection.ca to learn more about [all of the courses](#) available through the Veteran Family Program including the [OSI resource](#) for caregivers and mental health first aid.

[Watch this video](#) for a quick overview of the Veteran Family Program.

Related programs

[Veteran Family Telemedicine Service](#) – Talk to a doctor online within minutes. Medically-released Veterans and their families can access the Veteran Family Telemedicine Service to virtually connect to a national network of Canadian-licensed doctors, nurse practitioners, and healthcare providers.

Who can apply: Veterans and their families have one year from their medical release date to sign up. Survivors of deceased Canadian Armed Forces members also have access to this service.

Registration: Once your eligibility is verified, you can register to activate the one-year telemedicine license.

[Family Information Line](#) - The 24/7 Family Information Line is a confidential, bilingual service provided by the Canadian Armed Forces that offers information, support, referrals and crisis management. Trained counsellors can help you and your family with a variety of national and local services and provide guidance and resources to various service providers who support the military community. Call 1-800-866-4546 or email: FIL@CAFconnection.ca.

[Transition interview](#) – Schedule a transition interview to learn about VAC programs and services you may need in your post-service life.

What are Military Family Resource Centres?

Located on Canadian Armed Forces Bases and Wings, local [Military Family Resource Centres](#) (MFRCs) are the hub of military communities. MFRCs promote and facilitate community-based services and programs to enhance the well-being of military families.

Services include:

- transition programs,
- referral services,
- healthy living programs, and

- advocacy.
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Is there a time limit to access the Veteran Family Program?

There is no time limit for Veterans who medically-released and their families.

[View all questions and answers](#) related to the Veteran Family Program.

IN THE MEDIA

[Local retiree supplies a doll a day for kids at hospital](#)

[L'Alberta demande l'aide des Forces armées pour lutter contre les incendies](#)

[Canada winding down military role in Sudan evacuation](#)

[New military radar to be located in southern Ontario could cost up to \\$3 billion](#)

[Le comité des affaires étrangères exhorte Ottawa à ne pas envoyer de troupes en Haïti](#)

[Minister won't say whether Canada wants to join the AUKUS defence pact](#)

[Hundreds commemorate the Battle of the Atlantic in Halifax](#)

[Le Canada veut partager des technologies militaires avec ses alliés'](#)

[Invitation to the 4 ESR 30th Anniversary / Invitation au 30e anniversaire du 4 RAG](#)

4 ESR

Fellow Engineers are invited to the 30th Anniversary of 4 ESR this August. See the attached poster for additional information.

Les collègues ingénieurs sont invités au 30e anniversaire du 4 RAG en août. Voir l'affiche ci-jointe pour plus d'informations. [Read More](#)

Canadian Military Engineer Association (CMEA) Bursary Program 2023

CMEA

CMEA Bursary 2023: Grand Total of \$18,000 (nine individual bursaries of \$2,000)

1. Applications are open to CMEA members and dependents of current or deceased CMEA members.
2. Applicants must have completed or be in their final year of secondary schooling and preparing to attend or continuing a program at a certified post-secondary educational institution.
3. The bursary program consists of nine individual educational bursaries of \$2,000 to be awarded annually for the year of study starting in September to nine applicants based on the eligibility and selection criteria detailed in this directive.

[Read More](#)

Programme de bourse d'étude de L'association Du Génie Militaire Canadien (AGMC) 2023

AGMC

Bourse d'étude de l'AGMC 2023: Grand Total de 18 000\$ (neuf bourses d'étude individuelle de 2 000\$)

1. Les candidatures sont ouvertes au membre de l'AGMC ou aux personnes à charge d'un membre de l'AGMC actif ou décédé.
2. Candidat doit avoir complété des études secondaires ou être finissant aux études secondaires et se préparant à fréquenter ou continuer un programme d'étude à un niveau plus élevé dans une institution d'étude post-secondaire certifiée.
3. Le programme consiste de neuf bourses d'études individuelles de 2 000 \$ à attribuer annuellement pour l'année d'études débutant en septembre à neuf candidats en fonction des critères d'admissibilité et de sélection détaillés dans la présente directive.

[Lire Plus](#)

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](#)
CFB Petawawa — [The Petawawa Post](#)

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](#)
Base Gagetown — [Gagetown Gazette](#)