

## Media Report 09 JULY 2021

This weeks media reports will cover and answer great questions veterans are still asking such as Frequently asked questions regarding COVID-19 in Ottawa. Due to ongoing and evolving COVID-19 pandemic callers may experience increased wait times when calling the Government of Canada Pension Center. Callers may also experience dropped calls, as all telecommunication networks across Canada are presently facing capacity challenges. 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. Have you made an application for disability benefits from Veterans Affairs Canada and received a decision? If you disagree with that decision, you have the right to review or appeal

Tracking every case of COVID-19 in Canada

12,772 active 1,368,449 recovered 26,023deaths

### Sovereign's Medal for Volunteers – Successful Nomination Notification Mr Richard Banks

another of our Members has been recognized for his volunteer work . His years working at the Provincial level (Manitoba) for museums and his leadership for over a decade in air and ground search and rescue in British Columbia were important considerations. As was his support within NVOC as an advocate for veterans. Rick has been a Board Director for almost six years.

### Update from Canada's Seniors' Minister Deb Schulte

Seniors across Canada tell me they are worried about their financial security and outliving their savings. Some older seniors share how their lives and needs have changed as they have aged—and so has their financial situation. In [Budget 2021](#) we took action to help relieve these stresses. To help strengthen Canadians' financial security later in life we propose to:

1. Issue a one-time \$500 payment in August 2021 directly to seniors who are aged 75 and older as of June 2022.
2. Permanently increase the Old Age Security (OAS) pension by 10 percent for seniors aged 75 and older in July 2022, providing \$766 over the first year to pensioners receiving the full benefit.

This is the first permanent increase to the OAS pension since 1973, other than

adjustments due to inflation. Older seniors face increased financial pressures. The OAS increase targets older seniors' increased needs and vulnerability as they age. Those pressures include:

- Higher health-care expenses. Out-of-pocket healthcare expenses of seniors aged 80 and above are more than \$700 a year higher, on average than those of seniors aged 65-74.
- The onset of illness or disability. Close to half of all seniors above the age of 75 have a disability. As a result, they need more supports and face increased costs.
- Few older seniors are able to supplement their income with paid work. While many younger seniors choose to remain employed, few seniors work beyond age 75. Those who do have a median employment income of only \$720 a year.
- A higher risk of widowhood. Among seniors over 75, four in ten are widowed. Losing a spouse is not only traumatic, but it can increase financial instability, particularly for senior women.

Increasing Old Age Security for older seniors builds on the work we have done to support all seniors. For the youngest seniors, we restored the age of eligibility for Old Age Security to 65 from 67.

For the most vulnerable seniors, we increased the Guaranteed Income Supplement by 10 percent for singles. We also increased and enhanced the GIS earnings exemption that helped low-income seniors keep more of the money they earn. For future retirees, we are gradually increasing the Canada Pension Plan's maximum yearly benefit by 50 percent, a change that was mirrored by the Quebec Pension Plan. To help everyone, we are increasing how much you can earn before paying federal income taxes. When fully implemented in 2023, singles will save close to \$300 and couples will save nearly \$600 every year. No single measure solves every challenge, but together these policies are making a real difference in Canadians' retirement income security. Sincerely, Minister Deb Schulte [canada.ca/seniors](https://canada.ca/seniors)

Spread the word: I hope you will take a minute to ensure that this message reaches as many seniors (and the people who support them) as possible. Please share it with your networks through social media, email, or your newsletter. You can now invite others to [sign up for the newsletter online](#). For regular updates, please follow:

Twitter: [@ESDC\\_GC](https://twitter.com/ESDC_GC)

[Strategic Plan for Commemoration consultations / Consultation sur Plan stratégique pour Commémoration](#)

As you may know, we launched online consultations on June 18 to obtain the personal perspectives of Veterans, serving CAF members, RCMP involved in international policing, their family members and the general public.

We believe it's time to explore innovative ways to recognize all Veterans. We want

to know how Canadians would like to pay tribute to Veterans, those currently serving and those who died for our country. Therefore we are now exploring how commemoration should evolve.

To guide us, we have developed a draft 10-year strategic plan. We propose to focus attention on Canadian Armed Forces (CAF) post-war operations in a different region of the world each year. The five proposed regions are Asia, Africa, the Americas, Europe and the Middle East. For more information on our proposed expanded approach, please view a short [video](#) outlining the concept and read an [overview](#) or the [full consultation draft of the strategic plan](#).

We want to know what you think of our approach. How do you think we can best implement the plan? How can your organization and VAC align our respective commemorative programming?

Please provide your organization's input on our [Stakeholder survey](#) designed specifically for Veteran associations and stakeholder groups.

Your organization's input is valued and appreciated!

Your organization can also submit your comments directly to the Commemoration Division via our email or mailing address:

·email [commemoration-commemoration@veterans.gc.ca](mailto:commemoration-commemoration@veterans.gc.ca)

·mail documents to:

Commemoration Division

Veterans Affairs Canada

PO Box 7700

Charlottetown, PE

C1A 8M9

Attn: S. Hartigan

Sincerely,

Paul Thomson,

Director General, Commemoration Division

Veteran Affairs Canada

Cher/chère partenaire,

Comme vous le savez peut-être, nous avons lancé des consultations en ligne le 18 juin afin d'obtenir les points de vue personnels des vétérans, des membres actifs des FAC, des membres de la GRC engagés dans la police internationale, des membres de leur famille et du grand public.

Nous croyons qu'il est temps d'explorer des façons novatrices de reconnaître tous les vétérans. Nous voulons savoir comment les Canadiens et les Canadiennes aimeraient rendre hommage aux vétérans, à ceux qui servent actuellement et à ceux qui sont morts pour notre pays. C'est pourquoi nous examinons actuellement comment la commémoration devrait évoluer.

Pour nous guider, nous avons élaboré la version préliminaire du Plan stratégique décennal où nous proposons de mettre l'accent sur les opérations d'après-guerre des Forces armées canadiennes (FAC) dans une région du monde différente chaque année. Les cinq régions proposées sont l'Asie, l'Afrique, les Amériques, l'Europe et le Moyen-Orient. Pour en savoir plus sur l'approche élargie que nous proposons, veuillez visionner une [courte vidéo](#) décrivant le concept et lire un [aperçu](#) ou l'[ébauche intégrale aux fins de consultation du plan stratégique](#).

Nous voulons savoir ce que vous pensez de notre approche. Selon vous, quelle est la meilleure façon de mettre en œuvre le plan? Comment votre organisation et ACC peuvent-ils harmoniser leurs programmes de commémoration respectifs?

Veuillez nous faire part de la rétroaction de votre organisation en répondant au [sondage auprès des intervenants](#) conçu précisément pour les associations de vétérans et les groupes d'intervenants.

La contribution de votre organisation est précieuse et appréciée!

Votre organisation peut également soumettre ses commentaires directement à la Direction générale de la commémoration par courriel ou par la poste :

· Courriel : [commemoration-commemoration@veterans.gc.ca](mailto:commemoration-commemoration@veterans.gc.ca)

· Adresse postale :

Direction générale de la commémoration  
Anciens Combattants Canada  
C.P. 7700  
Charlottetown (Île-du-Prince-Édouard) C1A 8M9

À l'attention de : S. Hartigan

Cordialement,

Paul Thomson

Directeur général, Direction générale de la commémoration

Anciens Combattants Canada

The 2020 VA disability rates were released on October 10, 2019, with the implementation of the Social Security Administration's announcement of a 1.6% increase in the 2020 Cost of Living Adjustment (COLA).

2020 VA disability rates are effective December 1, 2019, and disabled veterans will see the new 1.6% increase on their January 1, 2020 VA compensation payment.

This means Disabled Veterans with a current VA disability rating of 10% or higher will receive a 1.6% increase in their VA disability pay rate for 2020.

For example, if you were previously getting \$1,000 per month tax-free, a 1.6% VA pay increase is \$16, so a veterans VA disability compensation pay in 2020 would go up to \$1,016 per month.

**WATCH: VA Disability Rates for 2020**

Did you know 80% of Veterans (8/10 of you reading this right now...) are being shortchanged nearly \$1,000/month tax-free on your 2020 VA disability pay?

[>> Click HERE to learn "HOW to Increase Your Service Connected VA Disability Rating!" <<](#)

The complete 2020 VA disability pay rates table along with footnotes is shown below.

**2020 VA Disability Rates Table**

**10% – 20% VA Rating (No Dependents)**

<b>VA Percentage</b>	<b>VA Pay Rate</b>
10% VA Pay Rate in 2020	\$142.29
20% VA Pay Rate in 2020	\$281.27

**30% – 60% VA Rating (Without Children)**

<b>Dependent Status</b>	<b>30%</b>	<b>40%</b>	<b>50%</b>	<b>60%</b>
Veteran Alone	\$435.69	\$627.61	\$893.43	\$1,131.68
Veteran with Spouse Only	\$487.51	\$696.70	\$979.79	\$1,235.31
Veteran with Spouse & One Parent	\$529.16	\$751.57	\$1,048.88	\$1,318.63
Veteran with Spouse and Two Parents	\$570.82	\$806.43	\$1,117.97	\$1,401.94
Veteran with One Parent	\$477.35	\$682.48	\$962.52	\$1,214.99
Veteran with Two Parents	\$519.00	\$737.34	\$1,031.61	\$1,298.31
Additional for A/A spouse	\$47.75	\$62.99	\$79.25	\$95.50

**70% – 100% VA Rating (Without Children)**

<b>Dependent Status</b>	<b>70%</b>	<b>80%</b>	<b>90%</b>	<b>100%</b>
Veteran Alone	\$1,426.17	\$1,657.80	\$1,862.96	\$3,106.04
Veteran with Spouse Only	\$1,547.07	\$1,795.97	\$2,018.41	\$3,279.22
Veteran with Spouse and One Parent	\$1,643.59	\$1,906.72	\$2,143.37	\$3,418.20
Veteran with Spouse and Two Parents	\$1,740.11	\$2,017.46	\$2,268.34	\$3,557.18
Veteran with One Parent	\$1,522.69	\$1,768.54	\$1,987.93	\$3,245.02
Veteran with Two Parents	\$1,619.21	\$1,879.29	\$2,112.89	\$3,384.00
Additional for A/A spouse	\$110.74	\$127.00	\$143.26	\$158.82

**30% – 60% VA Rating (With**

**Children)**

<b>Dependent Status</b>	<b>30%</b>	<b>40%</b>	<b>50%</b>	<b>60%</b>
Veteran with Spouse and Child	\$525.10	\$747.50	\$1,042.78	\$1,311.51
Veteran with Child Only	\$470.24	\$673.33	\$950.33	\$1,200.77
Veteran with Spouse, One Parent and Child	\$566.76	\$802.37	\$1,111.87	\$1,394.83
Veteran with Spouse, Two Parents and Child	\$608.41	\$857.23	\$1,180.96	\$1,478.14
Veteran with One Parent and Child	\$511.89	\$728.20	\$1,019.41	\$1,284.08
Veteran with Two Parents and Child	\$553.55	\$783.06	\$1,088.50	\$1,367.39
Add for Each Additional Child Under Age 18	\$25.40	\$33.53	\$42.67	\$50.80
Each Additional Schoolchild Over Age 18	\$83.31	\$110.74	\$138.18	\$166.62
Additional for A/A spouse	\$47.75	\$62.99	\$79.25	\$95.50

**70% – 100% VA Rating (With Children)**

<b>Dependent Status</b>	<b>70%</b>	<b>80%</b>	<b>90%</b>	<b>100%</b>
Veteran with Spouse and Child	\$1,635.47	\$1,897.57	\$2,132.20	\$3,406.05
Veteran with Child Only	\$1,506.43	\$1,750.25	\$1,966.59	\$3,221.86
Veteran with Spouse, One Parent and Child	\$1,731.99	\$2,008.32	\$2,257.17	\$3,545.03
Veteran with Spouse, Two Parents and Child	\$1,828.51	\$2,119.06	\$2,382.13	\$3,684.01
Veteran with One Parent and Child	\$1,602.95	\$1,861.00	\$2,091.56	\$3,360.84
Veteran with Two Parents and Child	\$1,699.47	\$1,971.74	\$2,216.53	\$3,499.82
Add for Each Additional Child Under Age 18	\$59.94	\$68.07	\$77.22	\$86.05
Each Additional Schoolchild Over Age 18	\$194.06	\$221.49	\$249.94	\$277.96
Additional for A/A spouse	\$110.74	\$127.00	\$143.26	\$158.82

1. Rates for each school child are shown separately. They are not included with any other compensation rates. All other entries on this chart reflecting a rate for children show the rate payable for children under 18 or helpless. To find the amount payable to a 70% disabled veteran with a spouse and four children, one of whom is over 18 and attending school, take the 70% rate for a veteran with a spouse and 3 children and add the rate for one school child.
2. Where the veteran has a spouse who is determined to require Aid and Attendance (A/A), add the figure shown as "additional for A/A spouse" to the amount shown for the proper dependency code. For example, veteran has A/A spouse and 2 minor children and is 70% disabled. Add \$110.74,

additional for A/A spouse, to the rate for a 70% veteran to calculate the total amount.

VA Compensation Rates 2020

VA Disability Rates 2020 Chart

VA Disability Pay – Frequently Asked Questions

Is VA Disability Pay Tax Free?

VA Disability Pay is a tax-free monetary benefit paid to Veterans with disabilities that are the result of a disease or injury that was caused or made worse during active duty military service.

Compensation benefits require that your disability be service connected.

You must also have separated or been discharged from service under other than dishonorable conditions.

Compensation may also be paid for post-service disabilities that are considered related or secondary to disabilities occurring in service and for disabilities presumed to be related to circumstances of military service, even though they may arise after service.

Generally, the degrees of disability specified are also designed to compensate for considerable loss of working time from exacerbations or illnesses.

At [VA Claims Insider](#), we refer to this as “severity of symptoms,” meaning Veterans must explain HOW their disabilities are negatively impacting their work, life, and/or social functioning.

Deserve a HIGHER VA Rating? [Click HERE for instant free access to learn 3 VA Disability SECRETS to getting a higher VA disability rating in less time.](#)

What is Dependency and Indemnity Compensation?

Dependency and Indemnity Compensation (DIC) is a tax-free monetary benefit generally payable to a surviving spouse, child, or parent of service members who died while on active duty, active duty for training, or inactive duty training or survivors of Veterans who died from their service-connected disabilities.

DIC for parents is an income-based benefit.

[Click HERE to learn more about this hidden benefit.](#)

What is VA Special Monthly Compensation?

[Special Monthly Compensation \(SMC\)](#) is an additional tax-free benefit that can be paid to Veterans, their spouses, surviving spouses and parents.

For Veterans, Special Monthly Compensation is a higher rate of compensation paid due to special circumstances such as the need of aid and attendance by another person or a specific disability, such as loss of use of one arm or leg.

For spouses and surviving spouses, this benefit is commonly referred to as aid and attendance and is paid based on the need of aid and attendance by another person.

[Click HERE to read about Special Monthly Compensation from A to Z.](#)

#### How to Apply for VA Disability Compensation

The easiest way to apply for VA disability compensation is by obtaining an eBenefits or VA.gov account and applying [online](#).

When applying for VA disability benefits in 2020, you must have access to the following information:

- Discharge or separation papers (DD 214 or equivalent)
- Medical evidence (service treatment records, VA medical records, and/or private medical records)
- Dependency records (marriage and children's birth certificates)

Alternatively, you may print and mail-in [VA Form 21-526EZ](#), Application for Disability Compensation and Related Compensation Benefits or call VA at 1-800-827-1000 to have the form mailed to you.

Dependency and Indemnity Compensation (DIC) [VA Form 21P-534EZ](#), Application for DIC, Death Pension, and/or Accrued Benefits and mail it to your nearest VA regional office in your state.

#### How to Apply for VA Special Monthly Compensation

The VA will automatically award Special Monthly Compensation if your disability qualifies.

To apply for SMC if you are housebound or required the aid and attendance of someone to perform daily living functions complete [VA Form 21-2680](#) and mail it to your nearest VA Regional Office in your state.

#### How to Find the VA Regional Office in Your State

If you've ever tried to search for a "VA Regional Office Near Me" you're in the right place Veterans!

Each state has a VA Regional Office in a specific city.

[Click HERE to search for and find the VA Regional Office in your state.](#)

#### How to Find VA Locations Near Me

Veterans can now search for VA locations near you with the VA's new facility locator tool.

You can search for your nearest VA medical center as well as other health facilities, benefit offices, cemeteries, community care providers and Vet Centers.

You can also filter your results by service type to find locations that offer the specific service you're looking for.



[Click HERE to find VA locations and VA resources now.](#)

## About the Author

Brian Reese

Brian Reese

Founder & CEO

Brian Reese is VA benefits expert, author of the #1 Amazon Bestseller [You Deserve It: The Definitive Guide to Getting the Veteran Benefits You've Earned](#), and founder of VA Claims Insider – “The Most Trusted Name in Education-Based Resources for Veterans.”

His frustration with the [8-step VA disability claims process](#) led him to create “VA Claims Insider,” which provides U.S. military veterans with tips, strategies, and lessons learned for successfully submitting or re-submitting a winning VA disability compensation claim.

Brian is [also the CEO](#) of [Military Disability Made Easy](#), which is the world’s largest free searchable database for all things related to DoD disability and VA disability claims and has served more than 4,600,000 military members and veterans since its founding in 2013.

His eBook, the [“9 Secrets Strategies for Winning Your VA Disability Claim”](#) has been downloaded more than 300,000 times in the past three years and is the #1 rated free VA disability claims guide for veterans.

He is a [former active duty Air Force officer](#) with extensive experience leading hundreds of individuals and multi-functional teams in challenging international environments, including a combat tour to Afghanistan in 2011 supporting Operation ENDURING FREEDOM.

Brian is a Distinguished Graduate of Management from the [United States Air Force Academy](#), Colorado Springs, CO and he holds an MBA from Oklahoma State University’s Spears School of Business, Stillwater, OK, where he was a National Honor Scholar (Top 1% of Graduate School class).

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JUNE 24, 2021

This post is a deep-dive into the Washington State Veterans benefits you can expect if the Evergreen state is your...[continue reading](#)

[Are National Guard Veterans? YES! Here’s the 8 Best VA Benefits for National Guard and Reservists \(The Ultimate Guide\)](#)

JUNE 22, 2021

One of the more common questions we get at VA Claims Insider is “Are National Guard Veterans?” and whether National Guard and Reservists can get VA benefits. Thanks to a 2016 change in...[continue reading](#)

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## Featured Resources

Easy VA Claims to Win!

How to File a Claim on VA.gov (step-by-step)!

How to Get a 100 Percent VA Rating (if deserved)!

Elite Membership

Dear Veteran,

Here’s the brutal truth about VA disability claims:

According to our data, 8/10 (80%) of veterans reading this message right now are underrated by the VA...

This means you do NOT currently have the VA disability rating and compensation YOU deserve, and you could be missing out on thousands of dollars of tax-free compensation and benefits each month.

As a fellow disabled Veteran this is shameful and I’m on a mission to change it.

Brian Reese here, Air Force service-disabled Veteran and Founder @ VA Claims Insider.

Since 2016, VA Claims Insider has helped thousands of Veterans just like you get the VA rating and compensation they deserve in less time.

If accepted into our ELITE membership program, you’ll get free up-front access and permission to use \$13,119 worth of proprietary VA claim resources, including access to our network of independent medical professionals for medical examinations, disability evaluations, and credible Medical Nexus Letters, which could help you get a HIGHER VA rating in LESS time.

It's FREE to get started, so click "Go Elite Now" below to complete our 3-step intake process.

1. Complete Basic Information
2. Sign Members Agreement
3. Join the Mastermind Group

If you're stuck, frustrated, underrated, and currently rated between 0%-90%, VA Claims Insider Elite is for you!

Click "Go Elite Now" below to get started today and a member of our team will be in touch within minutes.

[GO ELITE NOW!](#)

Why Choose VA Claims Insider

You've exhausted your free resources

You're not alone. Thousands of other Veterans in our Community are here for you.

[VETERAN COMMUNITY](#)

You're ready to get the rating you deserve

We know the pain of feeling stuck, frustrated, and alone, and we want to make this process as easy and painless as possible for you.

[EXPLORE ELITE MEMBERSHIP](#)

We win ONLY when YOU win

Hear from fellow Veterans just like you, with many of our Veteran Success Managers having gone through our programs.

[SCHEDULE A CALL](#)

IN THE MEDIA

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