

# POST-SERVICE WELL-BEING

## INTERDEPENDENCIES OF WELL-BEING

Here we map the seven domains of well-being to the range of new and updated programs VAC will offer.



### EMPLOYMENT OR OTHER MEANINGFUL PURPOSE

Engaged in new work, spending time with family and/or in retirement

[CAREER TRANSITION SERVICES PROGRAM](#)



### FINANCIAL SECURITY

What's needed to ensure well-being in all domains

[CAREGIVER RECOGNITION BENEFIT](#)



### HEALTH

Functioning well physically, mentally, socially and spiritually

[CENTRE OF EXCELLENCE ON PTSD](#)



### LIFE SKILLS AND PREPAREDNESS

Able to adapt expertise and well manage post-service life

[VETERAN'S EDUCATION AND TRAINING BENEFIT](#)  
[UNLIMITED TIME FOR VOCATIONAL REHABILITATION](#)



### SOCIAL INTEGRATION

Maintain or develop mutually supportive relationships

[EXPANDED ACCESS TO THE MILITARY FAMILY RESOURCE CENTRES](#)



### HOUSING AND PHYSICAL ENVIRONMENT

Safe, adequate and affordable accommodation

[VETERAN EMERGENCY FUND](#)



### CULTURAL AND SOCIAL ENVIRONMENT

Understood, valued and supported by the community

[VETERAN AND FAMILY WELL-BEING FUND](#)

Everyone is different. We all adjust uniquely to major life changes. For most Veterans, transitioning to life post-service is a significant life change. The 2016 [Life After Service Study](#) revealed that more than half of Regular Force Veterans transition well to post-service life. We are firmly committed to help increase this number.

No matter who we are, or our stage in life, we seek well-being. How is well-being defined and why is it important in supporting Veterans in their life after service?

## DEFINING WELL-BEING

To help define well-being as it relates to Veterans and their families, research teams have reviewed expert literature, considered findings from Veterans' population studies and held a range of consultations.

This research highlighted that health does not equal well-being. Health—physical, mental, social and spiritual functioning—is one of seven critical domains of well-being (see graphic).

Well-being is a holistic construct where all seven domains are inter-dependent. Employment can impact health, social integration and finances. Conversely, health, social integration or financial problems can affect the ability to find or retain a job.

Today, VAC offers a variety of services and programs that support well-being. On April 1, 2018, we introduced six new and two enhanced programs and services that build on your service.

Find more detailed information in our [well-being reports, papers and info briefs](#).

