



MAJOR (RETIRED)

# TOM D.

SERVED IN REGULAR FORCES



**CANADIAN ARMY**

25 YEARS

SALARY AT RELEASE: \$120,024

## OVERVIEW

SEX: MALE

AGE: 55

LIFE EXPECTANCY: 84 YEARS

RELATIONSHIPS STATUS: SINGLE

TYPE OF RELEASE: RETIREMENT/VOLUNTARY

## HEALTH SUMMARY

DISABILITY ASSESSMENT: 20%

INJURIES NOT SEVERE

## KEY BENEFITS

PAIN AND SUFFERING COMPENSATION

EDUCATION AND TRAINING BENEFIT

CAREER TRANSITION SERVICES



## SITUATION

Tom worked as a Signals officer for most of his career. He feels in fair shape physically and mentally, although earlier in his service he sustained knee damage during a training operation, and it is starting to bother him again. He retired from the Canadian Armed Forces (CAF) with a military pension. He was ready for a new challenge in a second career that draws on the extensive technical experience he gained in his trade. He opened an online My VAC Account after a discussion with a Veterans Affairs Canada (VAC) representative at a Second Career Assistance Network (SCAN) seminar before release. From his account, he was able to explore educational options available to him in life after service.

## RECOGNITION

NON-ECONOMIC/NON-TAXABLE

### PAIN AND SUFFERING COMPENSATION \*\*

Amount: \$220 per month

Total Amount: Up to \$72,900 over lifetime

Duration: Life

## INCOME REPLACEMENT

ECONOMIC/TAXABLE

### INCOME REPLACEMENT BENEFIT

Not eligible

## WELLNESS BENEFITS

- + Veterans' Education and Training Benefit\*
- + Case management services
- + Career transition services

## OTHER

Tom would likely be in receipt of a CAF military long-service pension.

## BENEFITS AND SUPPORT

Through his My VAC Account, Tom finds he can apply for the Education and Training Benefit, which delivers up to \$80,000\* (taxable) toward a degree, course materials, and some incidentals and living expenses while in school. He also wants to connect with a case manager to discuss some challenges he is having adjusting to life after service. He investigates some Career Transition Services to support him while he looks for work in his new career. And he is also submitting an application to receive the Pain and Suffering Compensation for his old knee injury for which he will receive a net monthly payment of \$220 (non-taxable), since his Disability Assessment is 20%.

**Note 1:** All amounts reflected in 2017 NPV.

\* EFFECTIVE APRIL 1, 2018

\*\* EFFECTIVE APRIL 1, 2019