

Media Report 27 Jan 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 healthy

## **VAC Rates**

Effective from: 1 January 2023

### Attendance Allowance

<b>Grade</b>	<b>Amount</b>
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1	\$2,127.90
2	\$1,915.21
3	\$1,276.79
4	\$851.25
5	\$340.58

[Read More about the Attendance Allowance...](#)

### Caregiver Recognition Benefit

A monthly payment increased annually by the Consumer Price Index. The current payment is \$1,154.90 per month.

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

### Veterans Independence Program

This [PDF chart](#) shows the maximum VIP amounts.

[Read more about the Veterans Independence Program...](#)

### Clothing Allowance

<b>Grade</b>	<b>Amount</b>
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1	\$241.13
2	\$192.86
3	\$144.69
4	\$96.41
5	\$85.67
6	\$69.64
7	\$64.27
8	\$53.53

## Grade Amount

9	\$42.89
10	\$26.73

The Clothing Allowance is provided if you are receiving a disability benefit for a condition that causes wear and tear on your clothing or requires you to wear specially-made clothing.

## Pain and Suffering Compensation

Extent of disability (%)	Monthly benefit	Lump sum amount
5	\$64.85	\$21,100.09
20	\$259.40	\$84,400.38
40	\$518.80	\$168,880.75
60	\$778.21	\$253,201.13
80	\$1,037.61	\$337,601.50
100	\$1,297.01	\$422,001.88

View the complete [Pain and suffering compensation rate table](#).

Read more about [Disability benefits...](#)

## Income Replacement Benefit

This income replacement provides 90% of your gross pre-release military salary while you are participating in Rehabilitation services. This ensures a pre-tax income of at least \$54,812.92 per year.

[Read more about the Income Replacement Benefit...](#)

## Canadian Forces Income Support

Maximum per month			
Veteran or Survivor	Veteran with Spouse/Partner	Additional amount for each dependent child	Orphan
\$1,922.11	\$2,830.76	\$410.94	\$880.83

[Read more about the Canadian Forces Income Support...](#)

## War Veterans Allowance

Maximum per month					
Veteran or Survivor	Veteran or Survivor (blind)	Veteran with Spouse/Partner	Veteran with Spouse/Partner (both blind)	Additional amount for each dependent child	Orphan
\$1,922.11	\$1,990.94	\$2,830.74	\$2,899.34	\$293.97	\$880.83

Important note to Veterans and qualified civilians:

If you had wartime service and your income is higher than the maximum level because you or your spouse/common-law partner receive OAS benefits, in certain cases, you may qualify for [treatment benefits](#).

[Read more about the War Veterans Allowance...](#)

### Disability Pension

Class	Monthly Rate		Additional Monthly Amounts		
	Single	Spouse	One Child	Second Child	Each Other Child
1	\$3215.80	\$803.95	\$418.05	\$305.51	\$241.19
5	\$2572.64	\$643.16	\$334.44	\$244.40	\$192.95
10	\$1768.69	\$442.17	\$229.93	\$168.03	\$132.65
15	\$964.74	\$241.19	\$125.42	\$91.65	\$72.36
20	\$160.79	\$40.20	\$20.90	\$15.28	\$12.06

[Read more about the Disability Pension...](#)

[View the complete Disability Pension rate tables](#)

### Exceptional Incapacity Allowance

Grade	Amount
1	\$1,702.35
2	\$1,418.59
3	\$1,134.89
4	\$851.25
5	\$567.47

[Read more about the Exceptional Incapacity Allowance...](#)

### Additional Pain and Suffering Compensation

Grade	Monthly amount
1	\$1,691.76
2	\$1,127.84
3	\$563.92

[Read more about the Additional Pain and Suffering Compensation...](#)

### Critical Injury Benefit

The Critical Injury Benefit is a \$84,203.16 tax-free lump-sum award to address the immediate impacts of the most severe and traumatic service-related injuries or diseases sustained by Canadian Armed Forces members.

[Read more about the Critical Injury Benefit...](#)

## Death Benefit

The death benefit is a one-time, tax-free amount of \$422,001.88 paid to a spouse or common-law partner and any dependent children if a CAF member dies while in service.

[Read more about this assistance...](#)

## Education Training Benefit

This program offers funding for college, university, technical education or short-term programs.

<b>Years of Service (authorized paid days)</b>	<b>Maximum Amount</b>
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6 years	\$46,196.15
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12 years	\$92,392.30
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You can use \$5,774.51 of this benefit to participate in one-time courses aimed at certification, professional designations, or professional development.

[Read more about the Education Training Benefit...](#)

## **Canadian Armed Forces pensions**

Find information about the Canadian Armed Forces Pension plans that is specific to you as an active or retired member and to your survivors/child(ren). Learn about participating in the pension plan, retirement income sources and pension options.

## Critical Pension Services Maintained

Due to ongoing and evolving COVID-19 pandemic, callers may experience increased wait times when calling the Government of Canada Pension Centre. Callers may also experience dropped calls, as all telecommunication networks across Canada are presently facing capacity challenges.

Services related to pensions, including payments, are considered essential and measures are in place to ensure that critical pension services are maintained without interruption.

## **Indexation Rate 2023**

**The pension indexation rate for 2023 is 6.3% and will be applied to your January 2023 payment.**

## Services and information

### [Active member](#)

Find information about your Canadian Armed Forces pension plan as an active member.

### [Retired member](#)

Find information about your Canadian Armed Forces pension plan as a retired member.

### [Survivor/Dependant](#)

Find information about the Canadian Armed Forces pension plans as a survivor of a deceased plan member.

### [Prospective member](#)

Find information about the Canadian Armed Forces pension plans if you are interested in joining the Canadian Armed Forces.

### [How we did this month](#)

View the most recent monthly client call statistics from the Canadian Armed Forces pensions.

## Most requested

- [Contact](#)
- [Glossaries](#)
- [Useful links](#)
- [Service levels](#)
- [Instructions to access your Pension Portal](#)

## Contributors

- [National Defence and the Canadian Armed Forces](#)

## Making better possible: Pension modernization video series

Two pension plan members tell their personal stories about transitioning to retirement under the new pension administration.

- [story](#) Laws and regulations
- [Canadian Forces Superannuation Act](#)
- [Supplementary Retirement Benefits Act](#)
- [Pension Benefits Division Act](#)

## [All related laws and regulations](#)

### Publications

- [Bulletins](#)
- [Pensions annual reports](#)

### News and announcements

- [End of the Canada Savings Bonds Program](#)
- [New Canadian Armed Forces pension plans online information](#)

## [All related news and announcements](#)

### Features

## [New Canadian Armed Forces pension plans online information](#)

Find out what's happening with the Canadian Armed Forces pension plans administration.

## [Pension Portal for active members of the Canadian Armed Forces](#)

Active members of the Canadian Armed Forces have access to services using the Pension Portal.

### **IN THE MEDIA**

[Army issues advisory ahead of 'winter survival' training near London](#)

[Researchers investigating head trauma in the Canadian military want veterans to 'pledge their brain'](#)

[Visite de l'Armée canadienne dans la région](#)

[Canadian Army waiting for air-defence systems as Ottawa buys equipment for Ukraine](#)

[Nova Scotia notes importance of helping ex-military members move to skilled trades](#)

[Prince George Legion Branch 43 to return WWII era documents found in dumpster to late veteran's family](#)

[L'armée est inquiète que le Canada ne fasse pas partie du pacte AUKUS](#)

[These chemists cracked the code to long-lasting Roman concrete](#)

[Germany supplies sapper tanks to Ukraine](#)