



## **SECTION SEVEN - THE WORDS WE USE**

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## THE WORDS WE USE

### 3B RELEASE

'3B Release' is a Canadian Armed Forces term used to describe the transition process of members releasing from the military due to an illness or injury. Releasing can be challenging, but even more so when it is as a result of a medical condition. There is no defined timeline to healing and each phase will vary based on individual situations.

[www.CAFconnection.ca/VFP](http://www.CAFconnection.ca/VFP)

### CAFCONNECTION.CA

A website that provides national and local information for CAF members, Veterans and their families. The site is managed by Canadian Forces Morale and Welfare Services, Personnel Support Programs, Military Family Services and Military Family Resource Centres.

### PRIMARY CAREGIVER FOR AN ELIGIBLE VETERAN OR CIVILIAN

A primary caregiver is defined as an adult, who lives with the Veteran, and:

- is the primary provider of care to the Veteran; and
- is not receiving a wage from the Veteran for this care; and
- is being supported by or had been supported by the Veteran for a continuous period of at least one year before the Veteran passed away or before the Veteran was admitted to a long-term care facility.

As a primary caregiver, you may qualify for a lifetime continuation of financial assistance for housekeeping and grounds keeping services if the Veteran was in receipt of this assistance. In addition, you:

- must have a health-related need for these services;
- have no one else in your home capable of performing these services; and
- must not have access to these services through private insurance, provincial or community programs.

[www.veterans.gc.ca/eng/services/health/veterans-independence-program/apply/primary-caregiver](http://www.veterans.gc.ca/eng/services/health/veterans-independence-program/apply/primary-caregiver)

### DEPENDANT CHILD

A biological child, adopted child or legal ward of the member or of the member's spouse or common-law partner, if the child resides with the member at the post or previous place of duty in Canada for a minimum of eight months in a twelve-month period and who:

1. Is under 21 years of age, resides with the member at the post and is not married or in a common-law partnership, or
2. Is 21 or more years of age, and is Dependant on the member by reason of mental or physical disability.

<http://www.forces.gc.ca/en/about-policies-standards-benefits/ch-10-foreign-service-instructions.page>

## **DISABILITY**

Section 10 (1) of the Ontario Human Rights Code defines “disability” as follows:

“because of disability” means for the reason that the person has or has had, or is believed to have or have had,

1. Any degree of physical disability, infirmity, malformation or disfigurement that is caused by bodily injury, birth defect or illness and, without limiting the generality of the foregoing, includes diabetes mellitus, epilepsy, a brain injury, any degree of paralysis, amputation, lack of physical co-ordination, blindness or visual impediment, deafness or hearing impediment, muteness or speech impediment, or physical reliance on a guide dog or other animal or on a wheelchair or other remedial appliance or device,
2. A condition of mental impairment or a developmental disability,
3. A learning disability, or a dysfunction in one or more of the processes involved in understanding or using symbols or spoken language,
4. A mental disorder, or
5. An injury or disability for which benefits were claimed or received under the insurance plan established under the Workplace Safety and Insurance Act, 1997

“Disability” should be interpreted in broad terms. It includes both present and past conditions, as well as a subjective component based on perception of disability.

[www.ohrc.on.ca/en/policy-and-guidelines-disability-and-duty-accommodate/2-what-disability](http://www.ohrc.on.ca/en/policy-and-guidelines-disability-and-duty-accommodate/2-what-disability)

*Military Family Services*

[www.cafconnection.ca/National/About-Us/Military-Family-Services.aspx](http://www.cafconnection.ca/National/About-Us/Military-Family-Services.aspx)

## **FIRST-RESPONDER**

An employee of an emergency service who is likely to be among the first people to arrive at and assist at the scene of an emergency, such as an accident, natural disaster, or terrorist attack. First-responders typically include police officers, firefighters, paramedics, and emergency medical technicians. (Wikipedia)

## **INJURY**

An injury is damage to the body. It is a general term that refers to harm caused by accidents, falls, hits, weapons, and more. Visible injuries are often obvious and recognizable, like a physical injury. Non-visible injuries are not obvious and cannot be immediately seen, like an Operational Stress Injury.



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## **MEDICAL RELEASE: THREE PHASES**

### **MEDICALLY RELEASING**

#### **PHASE ONE:**

Period of time between the injury or the diagnosis of an illness and when the Director Military Careers Administration (DMCA) makes the decision for a medical release.

#### **PHASE TWO:**

Period of time between the receipt of the medical release decision and the actual release date.

### **MEDICALLY RELEASED**

#### **PHASE THREE:**

Period of time between the release date and approximately two years after the release.

*Veterans Ombudsman*

[www.canada.ca/en/ombudsman-national-defence-forces/education-information/caf-members/career/release/phases-medical-release.html](http://www.canada.ca/en/ombudsman-national-defence-forces/education-information/caf-members/career/release/phases-medical-release.html)

### **MILITARY FAMILY RESOURCE CENTRE**

Military Family Resource Centres (MFRCs) provide support to all Canadian Armed Forces families including those who have a loved one who has been injured or becomes ill while serving. MFRC services include:

- Support for children, parents and spouses of the ill or injured member;
- Access to child care during recuperation to prevent and alleviate stress;
- Ongoing assistance throughout the duration of the program or service accessed;
- Aid in development of positive coping strategies;
- Facilitate family peer support groups/networks;
- Referrals to mental health services;
- Access to community-based education and prevention programs; and outreach support and services.

*Military Family Resource Centres*

[www.CAFconnection.ca](http://www.CAFconnection.ca)

### **MILITARY FAMILY SERVICES PROGRAM**

The Military Family Services Program (MFSP) was developed to respond to the identified needs of military families that arise from the unique characteristics of the military lifestyle. The Military Family Services Parameters for Practice outlines the service and program delivery component of the Military Family Services Program. Our Program is designed to be diverse and flexible; supporting military families day-to-day and during times of crisis and high stress.

*Military Family Services Program*

[www.cafconnection.ca/National/About-Us/Military-Family-Services/About-the-Military-Family-Services-Program.aspx](http://www.cafconnection.ca/National/About-Us/Military-Family-Services/About-the-Military-Family-Services-Program.aspx)

## **OPERATIONAL STRESS INJURY SUPPORT SERVICES**

Operational Stress Injury Social Support (OSISS) is the peer support organization developed to assist you and your family in managing an OSI. The OSISS Program is a partnership program between the Department of National Defence and Veterans Affairs Canada. The goal is to ensure that when peers enter the gateway of peer support, they reap the benefits of the programs and services that can assist them in their recovery. Breaking down the barriers of stigma and providing social support has led many CAF members, Veterans and their families to seek the needed help.

OSISS is a critical non-clinical addition to the mental health services of both Departments. Peer Support Coordinators and Family Peer Support Coordinators are typically former CAF members or families of Veterans or CAF members, who know first-hand the lived experience of operational stress injuries (OSIs) and the possible impacts.

*Operational Stress Injury Social Support*

[www.osiss.ca/en/index.html](http://www.osiss.ca/en/index.html)

## **POST-TRAUMATIC STRESS DISORDER**

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that can be best described as an extreme reaction to exposure to trauma.

PTSD may develop following either direct or indirect exposure to actual or threatened death, serious injury or sexual violence. Direct exposure may occur through experiencing a single or multiple traumatic events or through witnessing such an event happen to others. Indirect exposure may occur when learning about a traumatic event that has affected close relatives/friends or when exposed to details about an event through work, much like a police officer. Traumatic experiences may include natural disasters, crimes, accidents, war or conflict, or other threats to life or safety.

The disorder is characterized by a variety of symptoms that can generally be grouped into four categories:

- Re-experiencing (nightmares, flashbacks, and other intense or prolonged psychological distress);
- Avoidance (avoidance of distressing memories, thoughts, feelings, or external reminders of the traumatic event);
- Negative cognitions and mood (represents feelings which may include: persistent and distorted sense of blame of self or others, estrangement from others or markedly diminished interest in activities, and/or inability to remember key aspects of the event); and
- Arousal (hypervigilance, reckless or self-destructive behavior, irritability or angry outbursts, and sleep disturbances).

[www.forces.gc.ca/en/news/article.page?doc=post-traumatic-stress-disorder/hjlbrhp4](http://www.forces.gc.ca/en/news/article.page?doc=post-traumatic-stress-disorder/hjlbrhp4)

## **RESILIENCE**

The ability of a family to respond positively to an adverse situation and emerge from the situation feeling strengthened, more resourceful, and more confident than its prior state.





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## **RISK MATRIX**

A tool used, in conjunction with other methods, to determine the operational readiness of injured members Canadian Armed Forces, aiding the chain of command in its administrative deliberation, taking into consideration each member's career.

[www.forces.gc.ca/en/about-policies-standards-medical-occupations/caf-medical-risk-matrix.page](http://www.forces.gc.ca/en/about-policies-standards-medical-occupations/caf-medical-risk-matrix.page)

## **SECOND CAREER ASSISTANCE NETWORK**

Members and their families are invited to attend a Second Career Assistance Network (SCAN) seminar. A CAF SCAN seminar is a two-day general information session designed to provide members with a combination of the various and current procedures, services and benefits they may experience during their transition from the military to post-service life. This seminar is relevant to all members preparing for release, regardless of reasons for release.

There is also a CAF Medical Information Seminar available to members and their families/spouses. This one-day seminar provides information on medical support services and other medical related issues. The seminar is available to all members being medically released, members on a temporary or permanent medical category, and to senior leadership who are interested in learning more about medical support procedures and initiatives.

SCAN

[www.forces.gc.ca/en/about-policies-standards-defence-admin-orders-directives-5000/5031-4.page](http://www.forces.gc.ca/en/about-policies-standards-defence-admin-orders-directives-5000/5031-4.page)

## **SEVERE AND PERMANENT IMPAIRMENT**

A term used to identify that the Veteran permanently requires supervision, is severely and permanently limited in mobility or self-care, has conditions such as an amputation or a total and permanent loss of vision or hearing or speech, or a severe and permanent psychiatric condition.

*Veterans Affairs Canada*

[www.veterans.gc.ca/eng/services/transition/rehabilitation/permanent-impairment-allowance](http://www.veterans.gc.ca/eng/services/transition/rehabilitation/permanent-impairment-allowance)

## **SPOUSE/PARTNER**

A spouse or partner is a life partner in a marriage, civil union, domestic partnership or common-law marriage. The term is gender neutral whereas a male spouse is a husband and a female spouse is a wife.

## **SURVIVOR**

A survivor is defined as a person who, at the time of the member's or Veteran's death, was a spouse or common-law partner. The term "survivor" excludes surviving separated spouses, surviving former (divorced) spouses, and surviving former common-law partners.

*Veterans Affairs Canada*

[www.veterans.gc.ca/eng/aboutus/policy/document/1482#anchor42470](http://www.veterans.gc.ca/eng/aboutus/policy/document/1482#anchor42470)

## **TOTAL AND PERMANENT INCAPACITY**

A term used to indicate that the Veteran's health issue(s) and impairment(s) are not expected to improve to the point where they will regain the ability to pursue suitable gainful employment.

*Veterans Affairs Canada*

[www.veterans.gc.ca/eng/services/transition/rehabilitation/permanent-impairment-allowance](http://www.veterans.gc.ca/eng/services/transition/rehabilitation/permanent-impairment-allowance)

## **TRANSITION**

The process of changing from one state or condition to another. For these purposes the change from being employed by the Department of National Defence to being a civilian.

## **TRANSITIONING**

The process of transition for a member of the Canadian Armed Forces (CAF) from the time that he or she receives their release message to their integration within Veterans Affairs Canada programs and services.

## **TRANSITION SERVICES**

CAF Transition Services are a suite of programs and services for transitioning CAF members, including some programs available exclusively to medically releasing members. Programs include: Second Career Assistance Network (SCAN), Career Transition Workshops, the Vocational Rehabilitation Program for Serving Members (VRPSM), and the Federal Public Service Employment – Priority Appointment for Eligible 3(a) or 3(b) Released Canadian Armed Forces.

The suite of programs falls under the policy and program management authority of the Directorate Casualty Support & Management (DCSM).

*CAF Transition Services*

<https://www.canada.ca/en/department-national-defence/services/guide/dcsm/transition-services.html>

## **VETERAN**

Veterans Affairs Canada considers any former member of the Canadian Armed Forces who releases with an honourable discharge and who successfully underwent basic training to be a Veteran.

Veterans:

- Armed Forces and Merchant Navy Veterans who served during the First World War, Second World War or Korean War;
- Former and, in certain cases, current members of the Canadian Armed Forces, including those who served in Special Duty Areas and in peacekeeping; and
- Allied Veterans who lived in Canada prior to periods of war.

*Veterans Affairs Canada*

[www.veterans.gc.ca/eng/about-us/mandate#defn](http://www.veterans.gc.ca/eng/about-us/mandate#defn)





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## **VETERANS AFFAIRS CANADA**

Veterans Affairs Canada's mandate stems from laws and regulations. Among the more significant is the Department of Veterans Affairs Act, which charges the Minister of Veterans Affairs with the following responsibilities: "...the care, treatment, or re-establishment in civil life of any person who served in the Canadian Forces or merchant navy or in the naval, army or air forces or merchant navies of Her Majesty, of any person who has otherwise engaged in pursuits relating to war, and of any other person designated ... and the care of the dependants or survivors of any person referred to."

The Department meets its responsibilities through various programs. These include programs for disability pensions, Veterans allowances, pension advocacy, health care and commemoration. They provide compensation for hardships arising from disabilities and lost economic opportunities, innovative health and social services, professional legal assistance and recognition of the achievements and sacrifices of Canadians during periods of war and conflict.

*Veterans Affairs Canada*

[www.veterans.gc.ca/eng/about-us/mandate](http://www.veterans.gc.ca/eng/about-us/mandate)

## **VETERAN FAMILY PROGRAM**

The Veteran Family Program serves medically releasing members, medically released Veterans and their families, offering programs and services in support of a successful transition to post-service life. The Veteran Family Program extends access to the Military Family Services Program, including the Family Information Line and CAFconnection.ca, to Veterans and their families at all Military Family Resource Centres.

## **VETERAN FAMILY PROGRAM COORDINATOR**

Information and referral specialists for medically releasing CAF members, medically released Veterans and their families are available through the MFRC.

