



## SECTION TWO - JOURNALING

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The following tools will help you remain focused and organized as you prepare and adjust to post-service life.

## THE ROAD TO CIVILIAN LIFE (R2CL) CHECKLIST: MEDICALLY RELEASING CAF MEMBER

R2CL TRANSITION CHECKLIST to be completed by the medically releasing member, independent of the Veteran Family Program Coordinator (VFPC).

### THINK ABOUT LIFE AFTER THE CANADIAN ARMED FORCES

If you think you are yellow or red in any of these areas: employment, finances, health, relationships, housing or preparedness, then consider having a conversation with your local VFPC. If you are yellow or red in the area of your family adjusting well to your transition to post-service life consider a family meeting with your VFPC.

Select the response that applies to you for each of the statements below:

	YES	TO SOME EXTENT	NO
	X	X	X
• If applicable, I know what steps to take to:			
- Secure a good job.			
- Enroll in an educational institution.			
- Prepare for retirement.			
• I have what I need to find a satisfying job or other meaningful activity.			
• I am financially prepared for civilian life.			
• I will be able to make ends meet.			
• My physical and mental health will allow me to function well in my daily life after release.			
• I know what steps to take to get access to the health care I will need after release.			
• I will get the support that I need from my family and friends after release.			
• I have hobbies and interests outside of the military.			
• I will have suitable housing arrangements after release.			
• I will be able to live in my preferred location.			
• I will adjust well to civilian life.			
• If applicable, my family will adjust well to my transition to civilian life.			
	SHOULD BE GOOD TO GO	THINK ABOUT IT!	CONSIDER SEEKING ASSISTANCE

*“I am the mother of our kids, I am his wife. I am his best friend...but I am also his psych nurse, the one who draws his blood, talks to the doctor and keeps track of every detail. I am the one who explains symptoms to friends and family.”*

Spouse of a medically released Veteran.

## THE ROAD TO CIVILIAN LIFE (R2CL) CHECKLIST: MEDICALLY RELEASED VETERAN

R2CL TRANSITION CHECKLIST to be completed by the Veteran, independent of the Veteran Family Program Coordinator (VFPC).

If you think you are yellow or red in any of these areas: employment, finances, health, relationships, housing or preparedness, then consider having a conversation with your local VFPC. If you are yellow or red in the area of your family adjusting well to your transition to civilian life consider a family meeting with your VFPC.

### ARE YOU DOING WELL IN LIFE AFTER MILITARY SERVICE?

Select the response that applies to you for each of the statements below:

	YES	TO SOME EXTENT	NO
	X	X	X
• I have secured a good job, enrolled in an educational institution or I am prepared for retirement.			
• I am satisfied with my prospects for a job or other meaningful activity.			
• I am financially prepared for civilian life.			
• I am able to make ends meet.			
• My physical and mental health allow me to function well in my daily life.			
• I have access to the health care I need.			
• My family and friends provide me with all the support I need.			
• I have hobbies and interests outside of the military.			
• I have suitable housing arrangements.			
• I am living in my preferred location.			
• I have adjusted well to civilian life.			
• If applicable, my family has adjusted well to my transition to civilian life.			
	SHOULD BE GOOD TO GO	THINK ABOUT IT!	CONSIDER SEEKING ASSISTANCE

Thompson, J.M., Dursun, S., Lee, J., Skomorovsky, A., Lockhart, W., & Macintosh, S. (2017). Self-Assessment of Need for Assistance with Transition to Civilian Life: Development of the Road to Civilian Life (R2CL) Transition Checklist. Veterans Affairs Canada, Cat. No. V32-276/2017E, ISBN 978-0-660-07476-4.



## PERSONAL INFORMATION

Name	
Spouse	
Child (1)	
Child (2)	
Child (3)	
Service Number	
VAC Case Number	

	Name of Emergency Contact	Phone Number	Relationship to Family
1.			
2.			
3.			

Power of Attorney/Legal	
Phone Number	Address

## SERVICE PROVIDERS

### MILITARY FAMILY RESOURCE CENTRE

Veteran Family Program Coordinator	
E-mail	Phone Number
Street Address	Mailing Address

Family Liaison Officer	
E-mail	Phone Number
Street Address	Mailing Address

CF Nurse Case Manager	
E-mail	Phone Number
Street Address	Mailing Address

JPSU/IPSC Services Manager	
E-mail	Phone Number
Mailing Address	



VAC Case Manager	
E-mail	Phone Number
Mailing Address	

OSISS Peer Support	
E-mail	Phone Number
Street Address	Mailing Address

Family Physician	
E-mail	Phone Number
Street Address	Mailing Address

Specialist Physician	
E-mail	Phone Number
Street Address	Mailing Address

Specialist Physician	
E-mail	Phone Number
Street Address	Mailing Address

Specialist Physician	
E-mail	Phone Number
Street Address	Mailing Address

Specialist Physician	
E-mail	Phone Number
Street Address	Mailing Address

Specialist Physician	
E-mail	Phone Number
Street Address	Mailing Address





Social Worker	
E-mail	Phone Number
Street Address	Mailing Address

Optometrist	
E-mail	Phone Number
Street Address	Mailing Address

Dentist	
E-mail	Phone Number
Street Address	Mailing Address

**MEDICATION LOG**

Name of Medication	Purpose of Medication	A.M./P.M.	Dosage	Prescribing Physician	Refill Date	Special Instructions



## FAMILY CARE PLAN

Member/Veteran	
Telephone Home	Telephone Work
Cell Phone	Language
Health Conditions	

Spouse	
Telephone Home	Telephone Work
Cell Phone	Language
Health Conditions	

Child	
Daycare/School	Address
Phone Number	Language
Health Conditions	

Child	
Daycare/School	Address
Phone Number	Language
Health Conditions	

Child	
Daycare/School	Address
Phone Number	Language
Health Conditions	

Family Pet/Service Dog	
Veterinarian	Conditions

Family Pet	
Veterinarian	Conditions



Family Pet	
Veterinarian	Conditions

## HOME SERVICES

Home Support Services	
E-mail	Phone Number
Mailing Address	

House Cleaning	
E-mail	Phone Number
Address	

Snow Removal	
E-mail	Phone Number
Address	

Lawn Care	
E-mail	Phone Number
Address	

Other	
E-mail	Phone Number
Address	

Other	
E-mail	Phone Number
Address	

## EMERGENCY CHILD CARE PLAN

A completed Emergency Child Care Plan provides detailed personal instructions about your children, including medical information, bedtimes, bus-stop times and favourite foods, to minimize the stress placed on your child when you are not with them.

An Emergency Child Care Plan form may be available at your local Military Family Resource Centre (MFRC). We encourage you to share your completed Emergency Child Care Plan with your preferred caregivers and your MFRC, so they are prepared to assist your family as quickly as possible in a time of emergency. If the caregivers you listed are unavailable, MFRC staff will use the information in your Emergency Child Care Plan file in delivering care to your child when an emergency arises.

Be proactive! Before an immediate need arises, connect with your local MFRC and work with staff to create and file an Emergency Child Care Plan.



## CAREGIVER IDENTIFICATION

Primary Caregiver	
Relationship to Member/Veteran	Agency
Address	Telephone
Potential challenges	

Caregiver	
Relationship to Member/Veteran	Agency
Address	Telephone
Potential challenges	

Caregiver	
Relationship to Member/Veteran	Agency
Address	Telephone
Potential challenges	

## EMERGENCY CONTACTS

Name	
Relationship to Member/Veteran	Telephone
Address	
Potential challenges	

Name	
Relationship to Member/Veteran	Telephone
Address	
Potential challenges	

Name	
Relationship to Member/Veteran	Telephone
Address	
Potential challenges	





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# NOTES AND REMINDERS

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