

Road to Civilian Life (R2CL) Transition Checklist

Think about life after the Canadian Armed Forces Select the response that applies to you for each of the statements below:	Yes	To Some Extent	No
<ul style="list-style-type: none"> ◦ If applicable, I know what steps to take to: <ul style="list-style-type: none"> ▪ 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. 			
<ul style="list-style-type: none"> ◦ I am financially prepared for civilian life. ◦ I will be able to make ends meet. 			
<ul style="list-style-type: none"> ◦ 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. 			
<ul style="list-style-type: none"> ◦ I will get the support that I need from my family and friends after release. ◦ I have hobbies and interests outside of the military. 			
<ul style="list-style-type: none"> ◦ I will have suitable housing arrangements after release. ◦ I will be able to live in my preferred location. 			
<ul style="list-style-type: none"> ◦ I will adjust well to civilian life. ◦ If applicable, my family will adjust well to my transition to civilian life. 			
If you need help in any of these areas - Employment, Finances, Health care or Rehabilitation, Social Supports, Housing or Other areas of life — Contact services that can help.	Should be good to go	Think about it	Consider Seeking Assistance