Key facts and statistics from the RAND Military Caregivers Study
9% of U.S. adults are caregivers

16.9 million
civilian caregivers

4.4 million
Pre-9/11 military caregivers

1.1 million
Post-9/11 military caregivers

### CAREGivers Giving Care to People Who Served

#### Pre-9/11 vs. Post-9/11

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre-9/11</th>
<th>Post-9/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of caregivers employed</td>
<td>47%</td>
<td>63%</td>
</tr>
<tr>
<td>Percentage of caregivers with a support network</td>
<td>71%</td>
<td>47%</td>
</tr>
<tr>
<td>Percentage of caregivers age 30 or younger</td>
<td>11%</td>
<td>37%</td>
</tr>
<tr>
<td>Care recipients who have a behavioral health condition</td>
<td>36%</td>
<td>64%</td>
</tr>
<tr>
<td>Percentage of care recipients who have a VA disability rating</td>
<td>30%</td>
<td>58%</td>
</tr>
</tbody>
</table>

Services offered to military caregivers by organizations identified by RAND

- Social support: 53 programs
- Helping hand: 52 programs
- Education/training: 37 programs
- Wellness activities: 21 programs
- Patient advocacy: 21 programs
- Mental health care: 13 programs
- Respite care: 9 programs
- Health care: 4 programs
- Religious support: 4 programs
- Financial stipend: 3 programs

Notes: A single organization’s programs may span multiple categories. Data collected in summer and fall 2013. “Helping hand” includes direct support, such as loans, donations, legal guidance, housing support, or transportation assistance.

Medical conditions of care recipients in the United States

- **Traumatic brain injury**: 20% (Post-9/11), 10% (Pre-9/11), 10% (Civilian)
- **Hearing/vision problem**: 57% (Post-9/11), 56% (Pre-9/11), 38% (Civilian)
- **Mobility-limiting disability**: 80% (Post-9/11), 75% (Pre-9/11), 66% (Civilian)
- **Chronic condition**: 35% (Post-9/11), 77% (Pre-9/11), 63% (Civilian)
- **Neurological condition**: 6% (Post-9/11), 31% (Pre-9/11), 29% (Civilian)
- **Mental health/substance use**: 64% (Post-9/11), 36% (Pre-9/11), 33% (Civilian)

Activities of daily living performed by caregivers

- Getting into/out of chair
  - Post-9/11: 30%
  - Pre-9/11: 35%
  - Civilian: 43%

- Dressing
  - Post-9/11: 20%
  - Pre-9/11: 29%
  - Civilian: 29%

- Toileting
  - Post-9/11: 12%
  - Pre-9/11: 15%
  - Civilian: 25%

- Bathing
  - Post-9/11: 19%
  - Pre-9/11: 22%
  - Civilian: 36%

- Dealing with incontinence/diapers
  - Post-9/11: 7%
  - Pre-9/11: 19%
  - Civilian: 27%

- Eating
  - Post-9/11: 10%
  - Pre-9/11: 16%
  - Civilian: 20%

- Any ADL
  - Post-9/11: 44%
  - Pre-9/11: 54%
  - Civilian: 64%

Instrumental activities of daily living performed by caregivers

- Administering meds/pills/injections
  - Post-9/11: 39%
  - Pre-9/11: 38%
  - Civilian: 47%
- Managing finances
  - Post-9/11: 52%
  - Pre-9/11: 61%
  - Civilian: 56%
- Grocery shopping
  - Post-9/11: 59%
  - Pre-9/11: 73%
  - Civilian: 74%
- Housework
  - Post-9/11: 59%
  - Pre-9/11: 67%
  - Civilian: 72%
- Preparing meals
  - Post-9/11: 44%
  - Pre-9/11: 59%
  - Civilian: 66%
- Transportation
  - Post-9/11: 40%
  - Pre-9/11: 69%
  - Civilian: 76%
- Arranging/supervising paid services
  - Post-9/11: 14%
  - Pre-9/11: 33%
  - Civilian: 41%
- Coordinating medical care/rehab services
  - Post-9/11: 36%
  - Pre-9/11: 39%
  - Civilian: 48%
- Administering physical/medical therapies/treatments
  - Post-9/11: 36%
  - Pre-9/11: 33%
  - Civilian: 44%
- Any IADL
  - Post-9/11: 79%
  - Pre-9/11: 94%
  - Civilian: 96%

Services provided by caregivers

<table>
<thead>
<tr>
<th>Service</th>
<th>Post-9/11</th>
<th>Pre-9/11</th>
<th>Civilian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help with paperwork</td>
<td>56%</td>
<td>57%</td>
<td>64%</td>
</tr>
<tr>
<td>Help care recipient remember</td>
<td>57%</td>
<td>48%</td>
<td>53%</td>
</tr>
<tr>
<td>Help care recipient cope with stressful situations</td>
<td>75%</td>
<td>49%</td>
<td>53%</td>
</tr>
</tbody>
</table>

Health insurance status of caregivers

- 32% no health insurance
- 23% no regular source of health care

Depression status and mental health treatment utilization of caregivers

% meeting criteria for probable depression

- Post-9/11: 38%
- Pre-9/11: 20%
- Civilian: 19%

% receiving mental health treatment

- Post-9/11: 37%
- Pre-9/11: 34%
- Civilian: 30%

%, of caregivers utilizing resources, by program type

- **Respite care**
  - Post-9/11: 26%
  - Pre-9/11: 25%
  - Civilian: 29%

- **Patient advocacy**
  - Post-9/11: 24%
  - Pre-9/11: 22%
  - Civilian: 20%

- **Helping hand**
  - Post-9/11: 14%
  - Pre-9/11: 7%
  - Civilian: 10%

- **Financial stipend**
  - Post-9/11: 21%
  - Pre-9/11: 5%
  - Civilian: 8%

- **Social support**
  - Post-9/11: 31%
  - Pre-9/11: 27%
  - Civilian: 28%

- **Religious support**
  - Post-9/11: 28%
  - Pre-9/11: 25%
  - Civilian: 22%

- **Wellness activities**
  - Post-9/11: 25%
  - Pre-9/11: 26%
  - Civilian: 25%

- **Education/training**
  - Post-9/11: 9%
  - Pre-9/11: 7%
  - Civilian: 7%

*Direct support, such as loans, donations, legal guidance, housing support, or transportation assistance.*

% of caregivers utilizing resources, by program sponsor
(post-9/11 caregivers)

<table>
<thead>
<tr>
<th>Program Sponsor</th>
<th>Used</th>
<th>Wanted to use</th>
<th>Did not want to use</th>
</tr>
</thead>
<tbody>
<tr>
<td>VA programs</td>
<td>73</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td>Military-sponsored programs</td>
<td>54</td>
<td>16</td>
<td>22</td>
</tr>
<tr>
<td>Private organizations/NGOs supporting military caregivers</td>
<td>65</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>State/local government programs</td>
<td>56</td>
<td>9</td>
<td>34</td>
</tr>
<tr>
<td>Private organizations/NGOs supporting broader communities</td>
<td>45</td>
<td>24</td>
<td>30</td>
</tr>
<tr>
<td>Friends or family</td>
<td>92</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Organized groups of caregivers</td>
<td>44</td>
<td>29</td>
<td>27</td>
</tr>
<tr>
<td>Churches or places of worship</td>
<td>66</td>
<td>8</td>
<td>25</td>
</tr>
</tbody>
</table>

% of caregivers utilizing resources, by program sponsor (pre-9/11 caregivers)

- **VA programs**: 73% used, 11% wanted to use, 16% did not want to use.
- **Military-sponsored programs**: 54% used, 16% wanted to use, 22% did not want to use.
- **Private organizations/NGOs supporting military caregivers**: 65% used, 17% wanted to use, 18% did not want to use.
- **State/local government programs**: 26% used, 13% wanted to use, 58% did not want to use.
- **Private organizations/NGOs supporting broader communities**: 18% used, 21% wanted to use, 59% did not want to use.
- **Friends or family**: 87% used, 4% wanted to use, 8% did not want to use.
- **Organized groups of caregivers**: 16% used, 21% wanted to use, 60% did not want to use.
- **Churches or places of worship**: 44% used, 12% wanted to use, 2% did not want to use.

% of caregivers utilizing resources, by program sponsor
(civilian caregivers)

- VA programs
  - Used: 42%
  - Wanted to use: 10%
  - Did not want to use: 48%
- Military-sponsored programs
- Private organizations/NGOs supporting military caregivers
  - Used: 33%
  - Wanted to use: 2%
  - Did not want to use: 44%
- State/local government programs
  - Used: 42%
  - Wanted to use: 10%
  - Did not want to use: 48%
- Private organizations/NGOs supporting broader communities
- Friends or family
  - Used: 89%
  - Wanted to use: 4%
  - Did not want to use: 6%
- Organized groups of caregivers
  - Used: 28%
  - Wanted to use: 2%
  - Did not want to use: 48%
- Churches or places of worship
  - Used: 45%
  - Wanted to use: 12%
  - Did not want to use: 41%

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