



Date: July 8, 2026
To: Duty Disability Work Group
From: Doug Anderson, Executive Director
Amy Streng, Policy Coordinator
Subject: Police & Fire Plan Disability Data

This memo provides information on PERA P&F Plan disability recipients broken out by the type(s) of diagnosis identified in their disability application. The data includes 1,042 members that were approved and received a benefit in the period from July 1, 2020, to June 30, 2026. Thirteen eligible members were excluded from this data because their conditions are not available in our database.

The type of disabilities shown include all conditions submitted in an application. In some instances, multiple medical conditions were identified. Approval of the application may have only been based on one of the diagnosis' that was presented.

Comparison of Physical to Psychological Disabilities

The following table shows how physical and psychological (not specifically including PTSD) disability approvals in the aggregate compared to approvals for members that included PTSD as a medical condition.

Type of Disability Diagnosis	Number	Percentage of Total
Physical (all types)	242	23.2%
PTSD only	739	70.9%
PTSD plus Physical	38	3.6%
PTSD plus Psychological	9	0.9%
Psychological only	14	1.4%
Total	1,042	100.0%

A total of 786 applicants (75.4%) included a PTSD diagnosis in their application. When broken out by profession: Firefighters (58.3%), Police (78.4%), and Paramedics (94.1%).

Breakdown of Physical Disabilities

Of the 1,042 disability beneficiaries, 242 (23.2%) listed only single or multiple physical conditions. The following chart shows the most common conditions. The "Other" category includes mostly

other Musco skeletal and immune system conditions. None of these applicants included PTSD or a psychological condition.

Type Disability Diagnosis	Number	% of Total		Police %	Firefighter %
Cardiological	13	5.4%		6.3%	3.2%
COVID	9	3.7%		3.4%	4.8%
Back	57	23.6%		17.8%	37.1%
Knee	24	9.9%		10.9%	8.1%
Multiple	13	5.4%		4.6%	6.5%
Neck	8	3.3%		4.6%	0.0%
Neoplastic	18	7.4%		5.7%	11.3%
Neurological	18	7.4%		6.9%	8.1%
Shoulder	39	16.1%		18.4%	11.3%
Other	43	17.8%		21.3%	9.7%
Total	242	100.0%		100.0%	100.0%

Most noteworthy is that firefighters experience over the six-year time frame has shown a higher rate of back injuries and neoplastic (cancer) conditions. Police have had higher rates of neck and shoulder conditions.