



## Social Security: Current Facts and Figures

### Millions of Americans Have a Stake in Social Security

- Nearly 185 million workers contribute to Social Security through payroll taxes.
- Over 74 million people receive monthly Social Security benefits:
  - Nearly 58 million people receive retirement benefits
  - 5.8 million people receive survivors' benefits
  - 8.4 million people receive disability benefits
- [Beneficiaries by state](#)

### Social Security Old-Age and Survivors Insurance (OASI) Trust Fund

The 2025 Annual Trustees Report shows that the Social Security Trust Fund is strong and solvent, with enough money to cover full benefits and expenses until 2033. If no changes are made, the Trust Fund will be able to pay 77% of scheduled benefits after that year.

### Average January 2026 Monthly Social Security Benefit

- A retired worker: \$2,071
- A retired couple: \$3,208
- Disabled worker: \$1,588
- Disabled worker with spouse and child: \$2,520
- Widow or widower: \$1,919
- Young widow or widower with two children: \$4,100
- Maximum Monthly Social Security Benefit: \$4,152 (for worker retiring at Full Retirement Age).

### Social Security Cost of Living Adjustment (COLA)

To ensure that the purchasing power of Social Security benefits are not eroded by inflation, a Cost-of-Living Adjustment is given based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the prior year. If there is no increase, there can be no COLA.

The cost of living adjustment for 2026 is **2.8%**.

## 2026 Social Security Contribution Amounts

**Social Security:** 6.2% for both workers and employers. This contribution is paid on earnings up to \$184,500.

## Social Security Eligibility

**Full Retirement Age:** Depends on your birth year. [Normal retirement age \(NRA\) \(ssa.gov\)](https://www.ssa.gov/normalretirementage/)

**Early Retirement Age:** 62 (taking early retirement can reduce Social Security benefits up to 30 percent)

## Social Security: When and How to Apply for Benefits

Generally, you should apply for Social Security benefits four months before the date you want your benefits to begin.

There are three ways to apply:

- Visit your local Social Security office. Call 1-800-772-1213 to find the nearest office.
- Call Social Security at 1-800-772-1213. If you are deaf or hard of hearing, you can call Social Security at TTY 1-800-325-0778.
- Online: <https://secure.ssa.gov/iClaim/rib>

