

Fact Sheet

Social Security

2026 SOCIAL SECURITY CHANGES

Cost-of-Living Adjustment (COLA):

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2024 through the third quarter of 2025, Social Security beneficiaries and Supplemental Security Income (SSI) recipients will receive a 2.8 percent COLA for 2026. Other important 2026 Social Security information is as follows:

Tax Rate	2025	2026
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

NOTE: The 7.65 percent tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.2 percent on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45 percent on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

	2025	2026	
Maximum Taxable Earnings			
Social Security (OASDI only)	\$176,100	\$184,500	
Medicare (HI only)	No Limit		
Quarter of Coverage			
	\$1,810	\$1,890	

	2025	2026		
Retirement Earnings Test Exempt Amounts				
Under full retirement age	\$23,400/yr. (\$1,950/mo.)	\$24,480/yr. (\$2,040/mo.)		
NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.				
The year an individual reaches full retirement age	\$62,160/yr. (\$5,180/mo.)	\$65,160/yr. (\$5,430/mo.)		
NOTE: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every \$3 in earnings above the limit.				
Beginning the month an individual attains full retirement age	None			

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	2025	2026		
Social Security Disability Thresholds				
Substantial Gainful Activity (SGA)				
Non-Blind	\$1,620/mo.	\$1,690/mo.		
Blind	\$2,700/mo.	\$2,830/mo.		
Trial Work Period (TWP)	\$1,160/mo.	\$1,210/mo.		
Maximum Social Security Benefit: Worker Retiring at Full Retirement Age				
	\$4,018/mo.	\$4,152/mo.		
SSI Federal Payment Standard				
Individual	\$ 967/mo.	\$ 994/mo.		
Couple	\$1,450/mo.	\$1,491/mo.		
SSI Resource Limits				
Individual	\$2,000	\$2,000		
Couple	\$3,000	\$3,000		

	2025	2026	
SSI Student Exclusion			
Monthly limit	\$2,350	\$2,410	
Annual limit	\$9,460	\$9,730	
Estimated Average Monthly Social Security Benefits Payable in January 2026			
	Before 2.8% COLA	After 2.8% COLA	
All Retired Workers	\$2,015	\$2,071	
Aged Couple, Both Receiving Benefits	\$3,120	\$3,208	
Widowed Mother and Two Children	\$3,792	\$3,898	
Aged Widow(er) Alone	\$1,867	\$1,919	
Disabled Worker, Spouse and One or More Children	\$2,857	\$2,937	
All Disabled Workers	\$1,586	\$1,630	

Social Security National Press Office

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