



# Fact Sheet: Supplemental Security Income (SSI)

## What is SSI?

SSI is a federal program that provides monthly payments to adults and children with a disability or blindness and with limited income and resources. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications.

To get SSI, you must meet certain requirements:

- If you are an adult, the medical condition must prevent you from working and be expected to last at least one year or result in death.
- There are different rules for children. For more information, read *Benefits for Children With Disabilities* (Publication No. 05-10026).

## How much can you get?

- The basic monthly SSI payment for 2026 is the same nationwide: \$994 for one person and \$1,491 for a couple.
- Not everyone gets the same amount. You may get more if you live in a state that adds money to the federal SSI payment. You may receive less if you or your family has other income. Where and with whom you live also affects the amount of your SSI payment.

## How do you qualify for SSI?

- General tax revenues, not Social Security taxes, fund SSI. You do not need to have worked or paid Social Security taxes to qualify for SSI.
- Your income and the things you own affect eligibility for SSI. Your income includes the money you earn, any Social Security benefits, pensions, and the value of items you get from someone else, such as shelter.
- You may be able to get SSI if your resources (the things you own) are worth no more than \$2,000 for a person or \$3,000 for a married couple living together. We don't count everything you own when we decide if you can get SSI. For example, we don't count a house you own if you live in it, and we usually don't count your car. We do count cash, bank accounts, stocks, and bonds.

- You must live in the United States or the Northern Mariana Islands to get SSI. If you're not a U.S. citizen, but you are lawfully residing in the United States, you still may be able to get SSI. For more information, read *Supplemental Security Income (SSI) for Non-Citizens* (Publication No. 05-11051).

## How do you apply for SSI?

- Visit our SSI webpage at [www.ssa.gov/ssi](http://www.ssa.gov/ssi) to learn if you can begin the application process online.
- Once you complete the online process, a Social Security representative will contact you if we need additional information.
- If you cannot apply online, you can call **1-800-772-1213** (TTY **1-800-325-0778**) or your local Social Security office.

## Did you know?

- If you get SSI, you usually can get benefits from the Supplemental Nutrition Assistance Program (SNAP) and Medicaid too. SNAP helps pay for food and Medicaid helps pay doctor and hospital bills.
- People who have worked may also be eligible to receive Social Security disability or retirement benefits in addition to SSI.

## Other resources

- You can learn more about the SSI program in our publications, *Supplemental Security Income, You May Be Able to Get Supplemental Security Income*, and *A Guide to Supplemental Security Income (SSI) for Groups and Organizations*.
- You can also help someone you care about apply for benefits and access Social Security services by visiting our People Helping Others page at [www.ssa.gov/thirdparty](http://www.ssa.gov/thirdparty).



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