



# Vermont Congressional Statistics, 2025

*Old-Age (retirement), Survivors, and Disability Insurance (OASDI)*—popularly referred to as Social Security—provides monthly benefits to an eligible worker and family members when the worker elects to start receiving retirement benefits or when the worker dies or becomes disabled. A worker’s lifetime covered earnings largely determine the amount of benefits received.

**Table 1.  
Number of OASDI beneficiaries in current-payment status and total monthly benefits, December 2025**

Congressional district	Number of beneficiaries						Total monthly benefits (thousands of dollars)			Number of beneficiaries aged 65 or older
	Total	Retired workers	Disabled workers	Widow(er)s and parents	Spouses <sup>a</sup>	Children <sup>b</sup>	All beneficiaries	Retired workers	Widow(er)s and parents	
Vermont	168,263	131,909	18,241	6,811	2,760	8,542	333,770	281,882	13,036	138,136
All areas <sup>c</sup>	70,451,490	53,624,664	7,125,880	3,810,382	2,171,194	3,719,370	135,480,578	111,072,575	7,086,628	57,310,568

SOURCES: Social Security Administration, Master Beneficiary Record, 100 percent data; and U.S. Postal Service geographic data based on district definitions for the 119th Congress.

a. These beneficiaries receive payment on the record of a worker who is retired or disabled.

b. These beneficiaries receive payment on the record of a worker who is retired, deceased, or disabled.

c. Includes beneficiaries in the 50 States, District of Columbia, American Samoa, Guam, Northern Mariana Islands, Puerto Rico, U.S. Virgin Islands, and foreign countries.

**Supplemental Security Income (SSI)** is a federal cash assistance program that provides monthly payments to low-income aged, blind, or disabled persons in the 50 States, the District of Columbia, and the Northern Mariana Islands.

**Table 2.**  
**Number of recipients of federally administered SSI payments and total monthly payments, December 2025**

Congressional district	Number of recipients							Total monthly payments (thousands of dollars)				Number of recipients with OASDI <sup>a</sup>
	Total	By type			By age			All recipients	Aged	Blind	Disabled	
		Aged	Blind	Disabled	Under 18	18–64	65 or older					
Vermont	13,183	835	77	12,271	1,131	9,049	3,003	9,856	402	48	9,406	5,300
All areas <sup>b</sup>	7,392,201	1,198,079	63,520	6,130,602	1,016,027	3,863,775	2,512,399	5,649,867	709,106	49,808	4,890,952	2,534,176

SOURCES: Social Security Administration, Supplemental Security Record, 100 percent data; and U.S. Postal Service geographic data based on district definitions for the 119th Congress.

- a. Includes persons who are receiving both SSI payments and Social Security benefits.
- b. Includes recipients in the 50 States, District of Columbia, and Northern Mariana Islands.

**Social Security Administration**

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