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**Table 1.****Number of people receiving Social Security, Supplemental Security Income (SSI), or both, January 2026  
(in thousands)**

Type of beneficiary	Total	Social Security only	SSI only	Both Social Security and SSI
All beneficiaries	75,060	67,691	4,848	2,521
Aged 65 or older	58,445	55,936	1,086	1,423
Disabled, under age 65 <sup>a</sup>	11,081	6,221	3,762	1,098
Other <sup>b</sup>	5,534	5,534	...	...

SOURCES: Social Security Administration, Master Beneficiary Record and Supplemental Security Record, 100 percent data.

NOTES: Social Security beneficiaries who are entitled to a primary and a secondary benefit (dual entitlement) are counted only once in this table. SSI counts include recipients of federal SSI, federally administered state supplementation, or both.

... = not applicable.

a. Includes children receiving SSI based on their own disability.

b. Social Security beneficiaries who are neither aged nor disabled (for example, early retirees, young survivors).

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**Table 2.**  
**Social Security benefits, January 2026**

Type of beneficiary	Beneficiaries		Total monthly benefits (millions of dollars)	Average monthly benefit (dollars)
	Number (thousands)	Percent		
Total	70,624	100.0	136,048	1,926.37
Old-Age and Survivors Insurance	62,489	88.5	123,908	1,982.87
Retirement benefits	56,666	80.2	114,461	2,019.92
Retired workers	53,846	76.2	111,705	2,074.53
Spouses of retired workers	2,082	2.9	2,050	984.71
Children of retired workers	738	1.0	706	956.37
Survivor benefits	5,823	8.2	9,447	1,622.32
Children of deceased workers	2,040	2.9	2,399	1,176.08
Widowed mothers and fathers	91	0.1	124	1,354.60
Nondisabled widow(er)s	3,501	5.0	6,736	1,923.91
Disabled widow(er)s	190	0.3	186	982.89
Parents of deceased workers	1	(L)	1	1,737.89
Disability Insurance	8,135	11.5	12,140	1,492.39
Disabled workers	7,099	10.1	11,597	1,633.48
Spouses of disabled workers	89	0.1	41	461.40
Children of disabled workers	947	1.3	502	530.85

SOURCE: Social Security Administration, Master Beneficiary Record, 100 percent data.

NOTE: (L) = less than 0.05 percent.

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**Table 3.**  
**Supplemental Security Income recipients, January 2026**

Age	Recipients		Total payments <sup>a</sup> (millions of dollars)	Average monthly payment <sup>b</sup> (dollars)
	Number (thousands)	Percent		
All recipients	7,370	100.0	5,695	737.00
Under 18	1,015	13.8	944	872.09
18–64	3,845	52.2	3,213	784.71
65 or older	2,509	34.0	1,538	609.96

SOURCE: Social Security Administration, Supplemental Security Record, 100 percent data.

a. Includes retroactive payments.

b. Excludes retroactive payments.

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