

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

Type of beneficiary	Total	Social Security only	SSI only	Both Social Security and SSI
All beneficiaries	75,342	67,990	4,830	2,521
Aged 65 or older	58,715	56,213	1,081	1,421
Disabled, under age 65 ^a	11,040	6,190	3,749	1,100
Other ^b	5,587	5,587

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, March 2026

Type of beneficiary	Beneficiaries		Total monthly benefits (millions of dollars)	Average monthly benefit (dollars)
	Number (thousands)	Percent		
Total	70,923	100.0	136,957	1,931.05
Old-Age and Survivors Insurance	62,820	88.6	124,857	1,987.55
Retirement benefits	56,979	80.3	115,370	2,024.77
Retired workers	54,147	76.3	112,599	2,079.49
Spouses of retired workers	2,085	2.9	2,055	985.80
Children of retired workers	747	1.1	716	958.64
Survivor benefits	5,840	8.2	9,487	1,624.37
Children of deceased workers	2,053	2.9	2,420	1,178.66
Widowed mothers and fathers	93	0.1	127	1,362.20
Nondisabled widow(er)s	3,506	4.9	6,755	1,926.55
Disabled widow(er)s	188	0.3	185	983.95
Parents of deceased workers	1	(L)	1	1,743.43
Disability Insurance	8,104	11.4	12,100	1,493.07
Disabled workers	7,070	10.0	11,555	1,634.51
Spouses of disabled workers	88	0.1	41	461.57
Children of disabled workers	946	1.3	504	532.32

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, March 2026

Age	Recipients		Total payments ^a (millions of dollars)	Average monthly payment ^b (dollars)
	Number (thousands)	Percent		
All recipients	7,352	100.0	5,827	736.28
Under 18	1,017	13.8	973	863.47
18–64	3,833	52.1	3,309	784.74
65 or older	2,502	34.0	1,545	610.54

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

a. Includes retroactive payments.

b. Excludes retroactive payments.

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