

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

Type of beneficiary	Total	Social Security only	SSI only	Both Social Security and SSI
All beneficiaries	75,632	68,309	4,810	2,513
Aged 65 or older	59,020	56,519	1,079	1,422
Disabled, under age 65 ^a	10,989	6,168	3,731	1,091
Other ^b	5,623	5,623

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, May 2026

Type of beneficiary	Beneficiaries		Total monthly benefits (millions of dollars)	Average monthly benefit (dollars)
	Number (thousands)	Percent		
Total	71,233	100.0	137,801	1,934.52
Old-Age and Survivors Insurance	63,174	88.7	125,767	1,990.81
Retirement benefits	57,321	80.5	116,248	2,028.00
Retired workers	54,477	76.5	113,462	2,082.76
Spouses of retired workers	2,091	2.9	2,062	986.19
Children of retired workers	754	1.1	724	960.40
Survivor benefits	5,852	8.2	9,519	1,626.59
Children of deceased workers	2,060	2.9	2,433	1,180.81
Widowed mothers and fathers	95	0.1	130	1,367.01
Nondisabled widow(er)s	3,511	4.9	6,773	1,929.23
Disabled widow(er)s	186	0.3	183	984.29
Parents of deceased workers	1	(L)	1	1,752.10
Disability Insurance	8,059	11.3	12,034	1,493.25
Disabled workers	7,029	9.9	11,491	1,634.78
Spouses of disabled workers	88	0.1	41	461.87
Children of disabled workers	942	1.3	502	533.23

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, May 2026

Age	Recipients		Total payments ^a (millions of dollars)	Average monthly payment ^b (dollars)
	Number (thousands)	Percent		
All recipients	7,323	100.0	5,736	738.13
Under 18	1,016	13.9	966	874.01
18–64	3,805	52.0	3,230	785.84
65 or older	2,502	34.2	1,540	610.89

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

a. Includes retroactive payments.

b. Excludes retroactive payments.

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