



Are You Eligible for Supplemental Security Income (SSI)?

You may be eligible for monthly SSI payments

SSI is a program that provides monthly payments to adults and children who have limited income and resources, and who are blind or have a disability. The SSI program also provides monthly payments to people age 65 and older who have limited income and resources.

How can SSI help you?

If you are eligible for SSI, you can receive monthly payments that can make a meaningful difference in your life. Not everyone gets the same monthly amount. You may get more if you live in a state that adds money to the federal SSI payment. You may get less if you have other income like wages, pensions, or Social Security benefits.

Who is eligible for SSI?

You may be eligible for SSI if you:

- Are age 65 and older, or blind, or have a disability.
- Have limited income (wages, pensions, etc.).

- Have limited resources (the things you own).
- Live in one of the 50 states, the District of Columbia, or the Northern Mariana Islands (not included are Puerto Rico, Guam, and the U.S. Virgin Islands).

What does limited income and resources mean?

To get SSI, you need to have limited income and resources. Where you live affects the amount of income you can receive each month and still get SSI. Different states have different rules. We look at the following three factors to see if you are eligible for monthly payments:

- Wages or self-employment income.
- Income from pensions, Social Security, gifts, etc.
- Resources (the things you own).

The table below provides information about limited income and resources for 2026.

	Wages or self-employment income	Income from pensions, Social Security, gifts, etc.	Resources (the things you own)
Individuals	Less than \$2,073 per month	Less than \$1,014 per month	Less than \$2,000 total
Couples	Less than \$3,067 per month	Less than \$1,511 per month	Less than \$3,000 total

Note: Exclusions may apply to the income and resource limits listed above. For resources, we don't count everything you own when deciding if you can get SSI. 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.

Check if you are eligible for SSI

It's easy to get started. Go to ssa.gov/ssi to learn if you might be eligible for SSI. If you cannot visit ssa.gov/ssi, call **1-800-772-1213** to schedule an appointment to take your application by phone. (If you are deaf or hard of hearing, you may contact our TTY/TDD number **1-800-325-0778**.)



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