



Securing today
and tomorrow

You May Be Able to Get Supplemental Security Income (SSI)

SSA.gov



What is SSI?

Supplemental Security Income (SSI) is a federal program that provides monthly payments to people who have limited income and few resources. SSI is for people who are 65 or older, as well as for those of any age, including children, who are blind or have disabilities.

To get SSI, you must meet one of these requirements:

- Be age 65 or older
- Be totally or partially blind
- Have a medical condition that keeps you from working and is expected to last at least one year or result in death

There are different rules for children. For more information, read *Benefits for Children With Disabilities* (Publication No. 05-10026).

How much can you get?

The basic monthly SSI payment for 2026 is the same nationwide. It is:

- \$994 for one person
- \$1,491 for a couple

Not everyone gets the same amount. You may get more if you live in a state that adds money to the federal SSI payment. You may receive less if you or your family has other income. Where and with whom you live also make a difference in the amount of your SSI payment.

How do you become eligible for SSI?

Your income

Your income includes the money you earn, your Social Security benefits, your pensions, and the value of items you get from someone else.

Where you live affects the amount of income you can have each month and still get SSI. Different states have different rules.

Things you own

You may be able to get SSI if your resources (the things you own) are worth no more than \$2,000 for a person or \$3,000 for a married couple living together. We don't count everything you own when we decide if you can get SSI. For example, 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.

Residence and citizenship

You must live in one of the 50 states, the District of Columbia, or the Northern Mariana Islands to get SSI. This does not apply to children with disabilities whose parents are military personnel or to students temporarily abroad. If you're not a U.S. citizen, but you are lawfully residing in one of the 50 states, the District of Columbia, or the Northern Mariana Islands, you still may be able to get SSI. For more information, read

Other benefits

To receive SSI, you must also apply for Social Security benefits and any other government benefits for which you may be eligible. If you get SSI, you usually can get benefits from the Supplemental Nutrition Assistance Program (SNAP) and Medicaid, too. Medicaid helps pay doctor and hospital bills, and SNAP helps pay for food.

Applications for SNAP benefits are available at any Social Security office, and we can help you complete the application in some cases. For information about nutrition assistance programs that may be available to you, read *Nutrition Assistance Programs* (Publication No. 05-10100) and *Supplemental Nutrition Assistance Program (SNAP) Facts* (Publication No. 05-10101). Visit www.fns.usda.gov/snap for information on how to apply.

How do you apply for SSI?

If you plan to apply for SSI, you can begin the application process at www.ssa.gov/ssi.

You may be eligible to complete your SSI application online if you:

- Are between the ages of 18 and 65
- Have never been married

- Are a U.S. citizen residing in one of the 50 states, the District of Columbia, or the Northern Mariana Islands
- Haven't applied for or received SSI payments in the past
- Are applying for Social Security Disability Insurance at the same time as your SSI application

You can also call us toll-free at **1-800-772-1213** to set up an appointment with your local Social Security office. If you are deaf or hard of hearing, you can call us at our TTY number, **1-800-325-0778**.

Contacting Us

The most convenient way to do business with us is to visit **www.ssa.gov** to get information and use our online services. There are several things you can do online: apply for benefits; start or complete your request for an original or replacement Social Security card; get useful information; find publications; and get answers to frequently asked questions.

When you open a personal *my Social Security* account, you have more capabilities. You can review your *Social Security Statement*, verify your earnings, and get estimates of future benefits. You can also print a benefit verification letter, change your direct deposit information (Social Security beneficiaries only), and get a replacement SSA-1099/1042S. If you live outside the United States, visit

www.ssa.gov/foreign to access our online services.

If you don't have access to the internet, we offer many automated services by phone, 24 hours a day, 7 days a week, so you may not need to speak with a representative.

If you need to speak with someone, or if you need to make an appointment to come into an office, call us toll-free at **1-800-772-1213** or at our TTY number, **1-800-325-0778**, if you're deaf or hard of hearing. A member of our staff can answer your call from 8 a.m. to 7 p.m., Monday through Friday. We provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day. **We are less busy later in the week (Wednesday to Friday) and later in the month.**

Social Security Administration

Publication No. 05-11069

ICN 480390

January 2026 (Recycle prior editions)

You May Be Able to Get Supplemental Security Income (SSI)
Produced and published at U.S. taxpayer expense