



# Supplemental Security Income (SSI) in California

## What is SSI?

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

To be eligible for SSI, you must also have little or no income and few resources. The value of the things you own must be less than \$2,000 if you're single or less than \$3,000 for married couples living together. We don't count the value of your home if you live in it, and, usually, we don't count the value of your car. We may not count the value of certain other resources, such as a burial plot.

To get SSI, you must apply for any other government benefits for which you may be eligible. You must live in the United States or the Northern Mariana Islands to get SSI. If you're not a U.S. citizen but you legally live in the U.S., you may still be able to get SSI. For more information, read *Supplemental Security Income (SSI) for Noncitizens* (Publication No. 05-11051).

The state of California adds money to the federal payment. The payment you get at the beginning of each month includes both the federal SSI payment and your supplement from California.

## Medical assistance

If you get SSI, you usually can get medical assistance (Medi-Cal) automatically. A separate Medi-Cal application isn't necessary. If you have questions about Medi-Cal, contact your local county social services office.

## Supplemental Nutrition Assistance Program (SNAP) — also known as CalFresh

If you get SSI, you may be able to get help through SNAP (CalFresh), formerly known as food stamps. SNAP benefits can help you buy more food without spending more money. We don't decide if

you qualify for SNAP benefits. You may apply for CalFresh at any Social Security office if all of the following apply:

- You currently live in California
- You get or are applying for SSI
- You live alone or in a household where everyone is either getting or applying for SSI
- You do not already get CalFresh benefits
- You have not filed for CalFresh within the past 60 days

You can use the online SNAP Pre-Screening Eligibility Tool at [www.fns.usda.gov/snap/recipient/eligibility](http://www.fns.usda.gov/snap/recipient/eligibility) to see if you may be eligible for SNAP. You may also call SNAP's toll-free information line at **1-800-221-5689**. Visit [www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh) to apply for CalFresh or for more details about the program.

## Other social services

People who are eligible for SSI may be eligible for additional resources and services provided by their local county social services office, including:

- Home and community-based services
- Domestic and personal care services for people who are aged, blind, or have a disability, and live in their own homes
- Mental health and substance abuse services
- Information and referrals

For more information, contact the local county social services office.

## Monthly SSI payment amounts

The table on the back lists the combined federal and state payment amounts. Not all SSI recipients get the maximum amount. Your payment may be lower if you have other income.

| Category  | 2026 Total Monthly Payment |                              |            |
|---|----------------------------|------------------------------|------------|
|   | Aged                       | With a qualifying disability | Blind      |
| <b>Single people</b>  |                            |                              |            |
| Independent living status   | \$1,233.94                 | \$1,233.94                   | \$1,318.32 |
| Non-medical out-of-home care                                      | \$1,626.07                 | \$1,626.07                   | \$1,626.07 |
| Independent living status, no cooking facilities                  | \$1,362.81                 | \$1,362.81                   | N/A        |
| Living in the household of someone else                           | \$907.87                   | \$907.87                     | \$992.25   |
| Minor child with a disability                                     |                            | \$1,091.27                   |            |
| Minor child with a disability in the household of another         |                            | \$765.20                     |            |
| <b>Couples who are aged or have disabilities</b>                  |                            |                              |            |
| Independent living status   | \$2,098.83                 |                              |            |
| Non-medical out-of-home care                                      | \$3,239.14                 |                              |            |
| Independent living status, no cooking facilities                  | \$2,356.57                 |                              |            |
| Living in the household of someone else                           | \$1,609.70                 |                              |            |
| <b>Blind couples</b>  |                            |                              |            |
| Independent living status   |                            |                              | \$2,324.35 |
| Living in the household of someone else                           |                            |                              | \$1,835.22 |
| Non-medical out-of-home care                                      |                            |                              | \$3,239.14 |
| <b>Blind person with a spouse who is aged or has a disability</b> |                            |                              |            |
| Independent living status   |                            |                              | \$2,238.44 |
| Living in the household of someone else                           |                            |                              | \$1,749.31 |
| Non-medical out-of-home care                                      |                            |                              | \$3,239.14 |
| <b>Living in a Medicaid facility</b>                              |                            |                              |            |
| Single people   | \$62.00                    | \$62.00                      | \$62.00    |
| Couple  | \$124.00                   | \$124.00                     | \$124.00   |

## Contacting Us

The most convenient way to do business with us is to visit [www.ssa.gov](http://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](http://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.**



Securing today  
and tomorrow