SOCIAL SECURITY BENEFITS: AT A GLANCE

74.5 MILLION PEOPLE RECEIVE SOCIAL SECURITY BENEFITS. THAT IS MORE THAN 1 IN 5 AMERICANS.

SOCIAL SECURITY RETIREMENT

For people **age 62+ and qualifying work history (about 10 years)**. Lawfully present legal immigrants may qualify.

Amount: based on lifetime earnings and age at retirement.

Automatic Medicare enrollment if age 65+ after 4 months of benefits.

55.3 million beneficiaries	Average benefit: $1,900/month

SOCIAL SECURITY DISABILITY INSURANCE (SSDI)

For people under full retirement age, with a **qualifying disability and recent work history**. Lawfully present legal immigrants may qualify.

Amount: Based on earnings.

Medicare eligibility after 24 months of benefits.

6.3 million beneficiaries	Average benefit: $1,550/ month

SUPPLEMENTAL SECURITY INCOME (SSI)

For people with a **qualifying disability or age 65+ with limited income and resources**. Must be US citizen, with very limited exceptions.

Amount: Fixed amount based on living arrangement.

Medicaid eligibility in most states, including NY.

7.4 million recipients	Maximum benefit: $943/ month

5.5 million people receive benefits as early retirees or survivors.

The same disability standard applies to SSI and SSDI.

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SOURCE: SOCIAL SECURITY ADMINISTRATION, AUGUST 2025

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