

Social Security Fact Sheet

2025 Social Security Changes



Cost-of-Living Adjustment (COLA):

Based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2023 through the third quarter of 2024, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 2.5 percent COLA for 2025. Other important 2025 Social Security information is as follows:

Tax Rate	2024	2025
Employee	7.65%	7.65%
Self-Employed	15.30%	15.30%

NOTE: The 7.65% tax rate is the combined rate for Social Security and Medicare. The Social Security portion (OASDI) is 6.20% on earnings up to the applicable taxable maximum amount (see below). The Medicare portion (HI) is 1.45% on all earnings. Also, as of January 2013, individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) pay an additional 0.9 percent in Medicare taxes. The tax rates shown above do not include the 0.9 percent.

Maximum Taxable Earnings	2024	2025
Social Security (OASDI only)	\$168,600	\$176,100
Medicare (HI only)	No Limit	No Limit

Quarter of Coverage	2024	2025
	\$1,730	\$1,810

Retirement Earnings Test Exempt Amounts	2024	2025
Under full retirement age	\$22,320/yr. (\$1,860/mo.)	\$23,420/yr. (\$1,950/mo.)

NOTE: One dollar in benefits will be withheld for every \$2 in earnings above the limit.

The year an individual reaches full retirement age	\$59,520/yr. (\$4,960/mo.)	\$62,160/yr. (\$5,180/mo.)
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NOTE: Applies only to earnings for months prior to attaining full retirement age. One dollar in benefits will be withheld for every \$3 in earnings above the limit.

Beginning the month an individual attains full retirement age	None	None
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<https://www.ssa.gov/news/press/factsheets/colafacts2025.pdf>

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Social Security Disability Thresholds		2024	2025
Substantial Gainful Activity (SGA)			
Non-Blind		\$1,550/mo.	\$1,620/mo.
Blind		\$2,590/mo.	\$2,700/mo.
Trial Work Period (TWP)		\$1,110/mo.	\$1,160/mo.
Maximum Social Security Benefit: Worker Retiring at Full Retirement Age		2024	2025
		\$3,822/mo.	\$4,018/mo.
SSI Federal Payment Standard		2024	2025
Individual		\$943/mo.	\$967/mo.
Couple		\$1,415/mo.	\$1,450/mo.
SSI Resource Limits		2024	2025
Individual		\$2,000	\$2,000
Couple		\$3,000	\$3,000
SSI Student Exclusion		2024	2025
Monthly limit		\$2,290	\$2,350
Annual limit		\$9,230	\$9,460
Estimated Average Monthly SS Benefits Payable in January 2024		Before 2.5% COLA	After 2.5% COLA
All Retired Workers		\$1,927	\$1,976
Aged Couple, Both Receiving Benefits		\$3,014	\$3,089
Widowed Mother and Two Children		\$3,669	\$3,761
Aged Widow(er) Alone		\$1,788	\$1,832
Disabled Worker, Spouse and One or More Children		\$2,757	\$2,826
All Disabled Workers		\$1,542	\$1,580

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