

Benefit Amounts

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)

How much can I receive for SSI benefits each month?

In 2026, the most you can receive from the Social Security Administration (SSA) in SSI benefits each month is:

- \$994 per month for an individual
- \$1,491 per month for a couple

The amount might be less if you work or receive other income.

Note: Some states add an additional payment for some people. Maryland does not.

How much can I receive in SSDI benefits each month?

Your monthly SSDI benefit is based on your lifetime earnings before you became disabled. In 2026, the average monthly SSDI benefit is \$1,630 per month.

What if I receive both SSI and SSDI?

It is possible to receive both SSI and SSDI, but the amount of your SSDI benefit will reduce your SSI benefit. When you apply for SSI, SSA will decide whether you also qualify for SSDI, and if so, how much you will receive.

Do SSI and SSDI benefit amounts increase over time?

Yes. Benefit payments are designed to keep up with inflation. Toward the end of the year, SSA will announce whether there will be a cost-of-living adjustment (COLA) for the following year. At the start of 2026, benefits increased by 2.8%.

How can Project HEAL help?

Project HEAL (Health, Education, Advocacy, and Law), a community-based program of the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute, can help answer specific questions about SSI and SSDI benefits.

For more information on Project HEAL and its services, visit: KennedyKrieger.org/ProjectHEAL

To connect with Project HEAL, call **443-923-4414** or complete an [online intake form](#).

*** SSA's policies may change. Contact SSA (ssa.gov) or Project HEAL for updates. ***

