

DATE: January, 2024  
FROM: Solid Ground – Benefits Legal Assistance

**SENIOR BULLETIN: SOCIAL SECURITY**

**Social Security Information for 2024**

**Cost of Living Allowance (COLA):**

Social security benefits will be increased by 3.2% for 2024.

**Work Credits:**

Earnings required for one work credit or quarter of coverage per year is \$1,730. To get four work credits (the maximum in one year), minimum earnings for the year are \$6,920.

**Substantial Gainful Activity Levels:**

For a person with disabilities who is not blind: \$1,550/month  
For a person who is blind: \$2,590/month

**Retirement Earnings Limits:**

<b>Age</b>	<b>Annual / Monthly Earnings</b>	<b>Benefits Withheld</b>
Under full retirement age	\$22,320 / \$1,860	\$1 for every \$2 above limit
Year individual reaches full retirement age*	\$59,520 / \$4,960	\$1 for every \$3 above limit
Beginning in the month an individual reaches full retirement age	no limit	none

\*Applies only to earnings for months before the month in which the individual reaches full retirement age.