Social Security Disability Insurance Fact Sheet
Roadmaps to Retirement: Taking Stock and Looking Forward

Policy Basics: Social Security Disability Insurance

- January 2022: 7.8 million people received disabled-worker benefits from Social Security.
- Payments also went to 94,000 spouses and 1.2 million children
- Average monthly benefit $1,359
- SSDI benefits totaled $144 billion in 2020 (2% of federal budget)
- Average SSDI beneficiary has 22 years work experience and earned middle-class wages before becoming disabled
- 75% of SSDI beneficiaries are age 50+
- 40% are age 60+


Percent of Workers Aged 60-64 Receiving Disability Insurance by Education


Share of Workers Aged 55-64 in Physically Demanding Jobs by Race and Ethnicity, and Gender

Source: Economic Policy Institute (EPI) and Schwartz Center for Economic Policy Analysis (SCEPA) analysis of Health and Retirement Study data (RAND 2022; University of Michigan 2022).

Share of Retired Workers Aged 55-64 Who Retired Involuntarily by Race and Ethnicity