Social Security Emergency Inflation Relief Act

As President Trump's chaotic trade war and cruel health care cuts continue to push up prices, Senators Warren, Schumer, and Wyden are introducing the *Social Security Emergency Inflation Relief Act* to help Social Security and Veterans Affairs beneficiaries weather rising costs.

On October 24, 2025, the Social Security Administration announced that the 2026 cost of living adjustment will be just 2.8%—equivalent to just $56 extra dollars a month on average. As prices, particularly on food and health care, continue to rise, Democrats are introducing legislation to increase Social Security and Veterans Affairs benefits by $200 per month for six months. This would provide relief to seniors, veterans, and Americans with disabilities who live on a fixed income that would not be able to keep up with Trump inflation.

While President Trump continues to tank the economy with no regard for its impact on the American people, Democrats are standing up for seniors who rely on Social Security.

Social Security Beneficiaries Vulnerable to Trump's Trade Wars and Health Care Cuts

Trump's across-the-board tariffs have driven up prices on products that American families rely on, and the Big Beautiful Bill's impending health care cuts will only further push up costs.

Trump's failing economy is especially hard on Seniors and people with disabilities. Half of seniors rely on Social Security for half of their income, and Social Security is the sole source of income for one in four seniors. Meanwhile, due to stringent eligibility rules, SSI and Social Security Disability Insurance benefits are even more likely to be the sole source of income for their beneficiaries. And over half of seniors' monthly spending is on housing, food, and transportation.

The Trump Administration has taken a chainsaw to the Social Security Administration, cutting staff and in-person services, making it harder for seniors to claim the benefits they have earned at a time when they need their monthly checks more than ever.

Congress Could Pass Legislation that Would Provide Critical Inflation Relief to Americans Living on a Fixed Income

The *Social Security Emergency Inflation Relief Act* would:

- Provide a $200 per month emergency increase to Social Security checks until July 2026.
- Support all Title II Social Security beneficiaries, Supplemental Security Income (SSI) beneficiaries, Railroad Retirement beneficiaries, veteran disability compensation, and veteran pension benefit annuitants.