

# NCRGEA Resource Sheet January 24, 2024

Slide 4

## **Social Security number & Card**

[Social Security number & card | SSA](#)

Slide 6

## **Social Security Announces 3.2 Percent Benefit Increase for 2024**

[Press Release | Press Office | SSA](#)

## **2024 Social Security Changes**

[Social Security Changes - COLA Fact Sheet \(ssa.gov\)](#)

## **Retirement Resources**

Slide 9

## **Your Retirement Benefit: How It's Figured**

<https://www.ssa.gov/pubs/EN-05-10070.pdf>

## **Online Calculators (Full Retirement Age Calculator, Spouse Benefit Calculator and others)**

<https://www.ssa.gov/benefits/calculators/>

Slide 13

## **When to start receiving retirement benefits**

<https://www.ssa.gov/pubs/EN-05-10147.pdf>

Slide 15

## **Working while receiving Social Security benefits**

<https://www.ssa.gov/pubs/EN-05-10069.pdf>

Slide 17

## **Benefits for your family (spouse, child, divorced spouse)**

<https://www.ssa.gov/benefits/retirement/planner/applying7.html>

## **Survivor benefits (widows, widowers and dependents)**

<https://www.ssa.gov/benefits/survivors/>

## **Disability Resources**

Slide 19

## **Social Security Disability Benefits**

[Disability Benefits | SSA](#)

Slide 20

## **Supplemental Security Income Disability Benefits**

[Supplemental Security Income \(SSI\) | SSA](#)

Slide 28

**Your personal "my Social Security" account**

<https://www.ssa.gov/myaccount/>

**How to get your Social Security Statement**

<https://faq.ssa.gov/en-us/Topic/article/KA-01741>

Slide 29

**Frequently Accessed Online Services**

<https://www.ssa.gov/pubs/EN-05-10669.pdf>

Slide 30

**How to get your Social Security Statement**

<https://faq.ssa.gov/en-us/Topic/article/KA-01741>

Slide 31

**Links to Social Security Statement fact sheets are at the bottom of this page**

<https://www.ssa.gov/myaccount/statement.html>

Slide 32

**Looking for a local office?**

<https://www.ssa.gov/locator/>

Slide 33

**Taxation of Social Security benefits**

<https://faq.ssa.gov/en-us/Topic/article/KA-02471>

Slide 34

**Medicare benefits and enrollment**

<https://www.ssa.gov/benefits/medicare/>

**Who do I contact - Social Security or Medicare?**

<https://www.ssa.gov/pubs/EN-05-10500.pdf>

**NC Seniors' Health Insurance Information Program (NC SHIIP)**

<http://www.ncshiip.com/>

Slide 43

**Social Security Office of the Chief Actuary (Trust Fund data, Proposals for program changes, etc.)**

<https://www.ssa.gov/oact/>

## **Additional resources**

### **Withholding Income Tax from Your Social Security Benefits**

[https://www.ssa.gov/benefits/retirement/planner/taxwithold.html](https://www.ssa.gov/benefits/retirement/planner/taxwithhold.html)

### **Online Services**

<https://www.ssa.gov/onlineservices/>

### **Advance Designation of Representative Payee**

[https://www.ssa.gov/payee/advance\\_designation.htm](https://www.ssa.gov/payee/advance_designation.htm)

### **Protect yourself from scams**

<https://www.ssa.gov/scam/>

### **Report a suspicious call, letter, text, or email about an alleged problem with your Social Security number, account, or payments.**

<https://oig.ssa.gov/report/>

### **Ex-Spouse Benefits and How They Affect You (blog post)**

<https://blog.ssa.gov/ex-spouse-benefits-and-how-they-affect-you/>

### **More details on the 35 years used to compute Social Security benefits**

<https://www.ssa.gov/oact/cola/Benefits.html>

*For information about overpayments, including the appeal and waiver process, please see the following Social Security Administration Resources:*

- Publication: [Overpayments](#) (# 05-10098)
- Blog: [Learn about Overpayments and Our Process](#)
- Press Release: [Social Security Acting Commissioner Kilolo Kijakazi Directs Review of Overpayment Procedures and Policies](#)

Disclaimer: This information is current at the time of the presentation, but Social Security policy is subject to change. Please visit SSA.gov for up-to-date information on our programs.