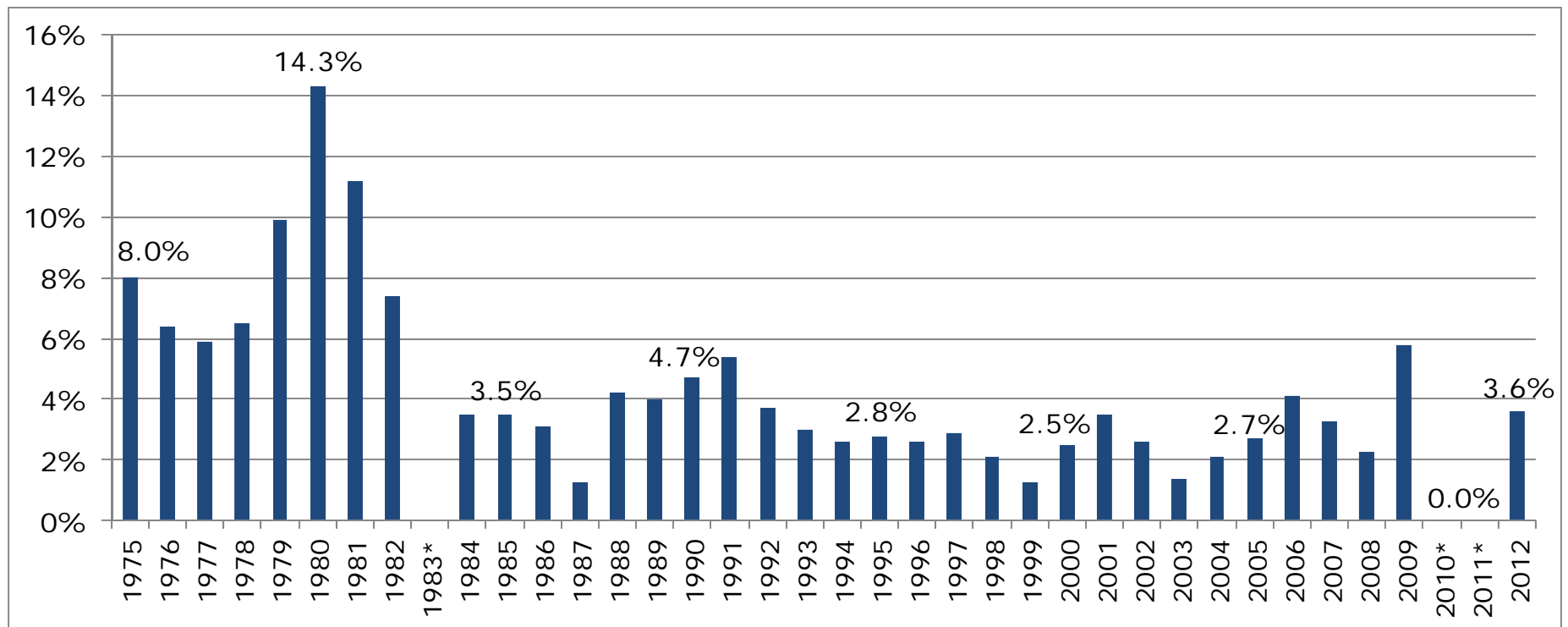


History of Social Security Cost Of Living Adjustments



Automatic cost of living adjustments for Social Security benefits began in 1975. From 1975-82 COLAs were effective beginning in July. Starting in 1984, COLAs were effective beginning in January. During the transition year, 1983, there was no cost of living adjustment.

*There were no cost of living adjustments in 1983, 2010 or 2011.

Source: The History of COLA, <http://www.ssa.gov/cola/automatic-cola.htm>