



2026 Estimated Values of Benefits for Benefit Enrollment Centers

Updated on February 9, 2026

These national estimates are based on recently published data or estimates. Actual benefit amounts and durations in 2026 may vary based on factors such as client circumstances, geography, and policy and administrative changes.

Benefit or Benefit Category	Estimated Value	Description and Assumptions	Source
Part D Extra Help (LIS)	\$5,700 per year	This is the Social Security Administration's estimated value as of January 2026.	Social Security Administration: https://www.ssa.gov/pubs/EN-05-10508.pdf
Medicare Savings Program (MSP)	\$2,434.80 per year <i>(or \$202.90 per month)</i>	The \$202.90 value represents the Part B monthly premium in 2026.	Centers for Medicare & Medicaid Services: https://www.medicare.gov/Pubs/pdf/11579-medicare-costs.pdf
SNAP (Food Stamps)	\$2,256 per year <i>(or \$188 per month)</i>	The \$188 monthly value is the average SNAP benefit for households with "elderly individuals" (age 60 or older) during FY23, excluding emergency allotments. See page 20 of the FY23 report.	U.S. Department of Agriculture, Food and Nutrition Service: https://fns-prod.azureedge.us/sites/default/files/resource-files/snap-FY23-Characteristics-Report.pdf Note: This source does not provide values by state, but state-specific values are calculated by the Center on Budget and Policy Priorities here: https://www.cbpp.org/research/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets

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Medicaid	\$26,484 per year	The \$26,484 value is the average Medicaid benefits expenditure per full-benefit enrollee for those age 65 and older in FY23. See Exhibit 22 on page 57 of the February 2026 edition of MACStats.	Medicaid and CHIP Payment and Access Commission (MACPAC): https://www.macpac.gov/wp-content/uploads/2026/02/MACSTATS_Feb2026_WEB_508.pdf Note: This source also provides values by state.
Low-Income Home Energy Assistance (LIHEAP)	\$662 per year	The FY22 LIHEAP Report to Congress provides average benefit values for each LIHEAP benefit type, but no overall value. Heating assistance is by far the most common type of LIHEAP benefit (85% of households), so the \$662 average value for heating assistance was chosen (see page 42 of the FY22 report to Congress).	U.S. Department of Health and Human Services, Administration for Children and Families: https://acf.gov/sites/default/files/documents/ocs/RPT_LIHEAP_RTC01BodyTTAProjects_FY2022-compliant.pdf Note: This source also provides values by state.
Supplemental Security Income (SSI)	\$8,574.36 per year <i>(or \$714.53 per month)</i>	The \$714.53 value is the average monthly benefit for all beneficiaries as of December 2025.	Social Security Administration: https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/2025-12.pdf
Social Security Disability Insurance (SSDI)	\$17,906.16 per year <i>(or \$1,492.18 per month)</i>	The \$1,492.18 value is the average monthly benefit for disability insurance as of December 2025.	Social Security Administration: https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/2025-12.pdf
Prescription Drug Benefits other than Part D (e.g. SPAP)	none	NCOA decided no value for BEC purposes due to the variety of programs and uncertainty in values.	n/a
Tax Benefits (e.g. Property Tax Relief, EITC, CTC)	none	NCOA decided no value for BEC purposes due to the variety of programs and uncertainty in values.	n/a

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Veteran's Benefits (Aid & Attendance, VA Disability Compensation, VA Pension, etc.)	\$14,790 per year	The \$14,790 value is the median annual benefit for people age 65 and older with income from veterans benefits in 2024.	U.S. Census Bureau: https://www2.census.gov/programs-surveys/cps/tables/pinc-08/2025/pinc08_1_8_1.xlsx
Housing Subsidies (e.g. Public Housing, Section 8, Rent Subsidies)	\$12,804 per year <i>(or \$1,067 per month)</i>	Across all subsidized housing programs, HUD spending averaged \$1,067 per unit per month in 2024.	U.S. Department of Housing and Urban Development: https://www.huduser.gov/portal/datasets/ass thsg.html#query_2009-2024 Note: This source also provides values by state.
Lifeline	\$111 per year <i>(or \$9.25 per month)</i>	Currently, the Lifeline phone/internet benefit provides up to a \$9.25 monthly discount on service for eligible low-income subscribers and up to \$34.25 per month for eligible subscribers on Tribal lands. The \$9.25 value was used to provide a conservative national estimate.	Federal Communications Commission: https://www.fcc.gov/lifeline-consumers
Public Assistance (TANF, TTANF, BIA General Assistance)	\$6,792 per year <i>(or \$566 per month)</i>	For TANF, the average monthly cash assistance benefit for families with no adult recipients was \$566 in FY2023. Most Medicare beneficiaries served by NCOA BECs are adults age 65 and older, and when an older adult seeks TANF for a household it is likely a “child-only” household (e.g. a child recipient is staying with a grandparent, not a parent). See Table 38 of the FY23 report.	U.S. Department of Health and Human Services, Administration for Children and Families: https://acf.gov/sites/default/files/documents/ofa/fy2023_characteristics.pdf Note: This source also provides values by state.
Unemployment Insurance	\$7,306.45 per average duration of 15.51 weeks at \$471.08 per week	For the U.S., the 12-month average weekly benefit amount for the month ending 12/31/25 was \$471.08. The 12-month average of the duration in weeks from the same month was 15.51. These values were accessed from the “Monthly Program and Financial Data” report on the U.S. Department of Labor’s website on February 10, 2026. Values on the website could change due to updates in state reporting.	U.S. Department of Labor, Employment and Training Administration: https://oui.doleta.gov/unemploy/claimssum.asp Note: This source also provides values by state.

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Subsidized Transit Benefits	none	NCOA decided no value for BEC purposes. These benefits vary greatly depending on the municipality, region, or transit provider, and the values beneficiaries receive depend on the type of transit and frequency of use.	n/a
Home Internet (e.g. Access from AT&T)	none	NCOA decided no value for BECs due to the variety of programs. The Affordable Connectivity Program stopped receiving applications in early February 2024.	n/a
Other Home Benefits (e.g. Weatherization, Section 504 Home Repair, FEMA)	none	NCOA decided no value for BEC purposes due to the variety of programs and uncertainty in values.	n/a
Other Food Benefits (e.g. WIC, TEFAP, Free School Lunch, FDPIR)	none	NCOA decided no value for BEC purposes due to the variety of programs and uncertainty in values.	n/a
General Other Benefits	none	NCOA decided no value for BEC purposes due to the variety of programs and uncertainty in values.	n/a