

2019 Federal Retiree COLA Watch

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2019 CSRS and Social Security COLA Increase Largest In 7 Years

The 2019 cost-of-living adjustment (COLA) to Civil Service Retirement System (CSRS) annuitants and Social Security benefits will be 2.8 percent. The 2019 COLA for those covered in the Federal Employees Retirement System (FERS) will be 2 percent. This is the largest COLA increase for CSRS annuitants and Social Security recipients since 2012.

The 2019 Social Security and federal retiree COLA will begin in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics (BLS).