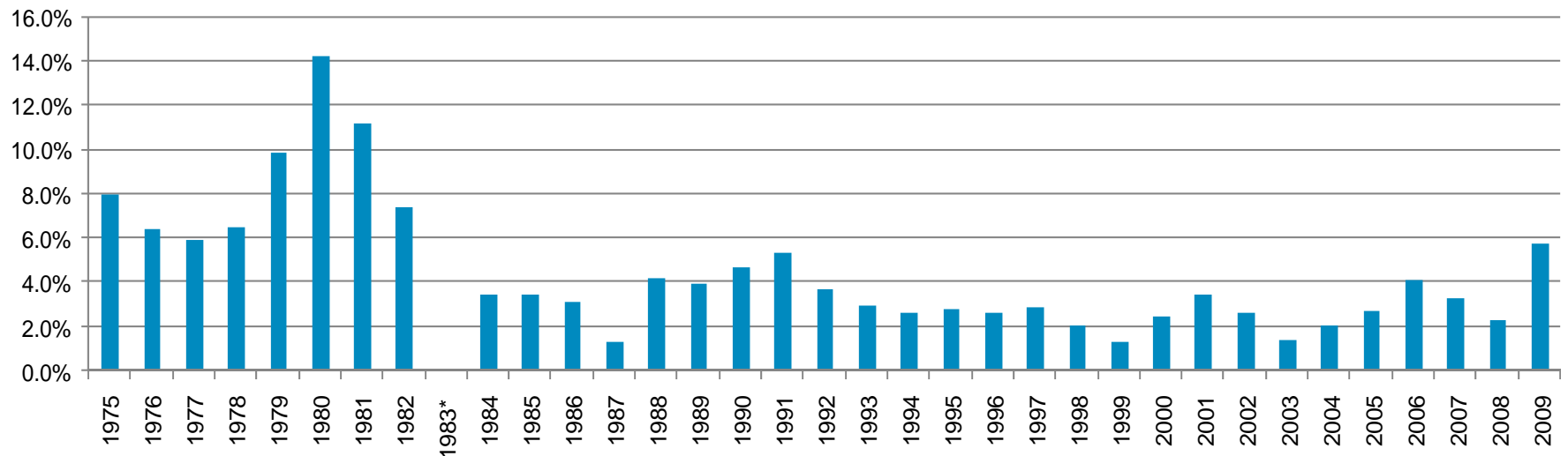


History of Social Security cost of living adjustments



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 was no cost of living adjustment in 1983.**

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