

2026 retirement income + tax sheet

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As of October 10, 2026. Every figure is the **official 2026** amount from the IRS, Social Security or CMS. **2027** figures are not announced yet: the COLA is due October 14, tax brackets usually come in late October, Medicare premiums and 401(k) and IRA limits in November.

1 Federal income tax brackets, 2026

Rate	Single: taxable income up to	Married filing jointly: up to
10%	\$12,400	\$24,800
12%	\$50,400	\$100,800
22%	\$105,700	\$211,400
24%	\$201,775	\$403,550
32%	\$256,225	\$512,450
35%	\$640,600	\$768,700
37%	above \$640,600	above \$768,700

2 Deductions, 2026

Item	Single	Married filing jointly
Standard deduction	\$16,100	\$32,200
Extra if age 65 or older	+\$2,050	+\$1,650 each
Senior deduction, 65+ (2025 to 2028)	+\$6,000	+\$6,000 each
Total if everyone is 65+	\$24,150	\$47,500

The senior deduction shrinks by 6% of MAGI above \$75,000 (single) or \$150,000 (joint) and is gone at \$175,000 / \$250,000. You get it whether or not you itemize.

3 Capital gains and dividends, 2026

Long-term rate	Single: taxable income up to	Joint: up to
0%	\$49,450	\$98,900
15%	\$545,500	\$613,700
20%	above that	above that

Plus the 3.8% net investment income tax when MAGI is above \$200,000 (single) or \$250,000 (joint). Those two lines are not indexed.

4 Social Security, 2026

Item	2026
Cost-of-living adjustment (COLA)	2.8%
Wages taxed for Social Security, up to	\$184,500
Earnings limit before full retirement age (\$1 withheld per \$2 over)	\$24,480
Earnings limit in the year you reach it (\$1 per \$3 over)	\$65,160
Largest benefit at full retirement age	\$4,152 / mo

When benefits are taxed. Add AGI, tax-exempt interest and half your benefit. **Single:** none under \$25,000; up to 50% from \$25,000 to \$34,000; up to 85% above. **Joint:** none under \$32,000; up to 50% from \$32,000 to \$44,000; up to 85% above. Never indexed.

5 Savings limits, 2026

Account	Limit	Age 50+ catch-up
401(k), 403(b), 457	\$24,500	+\$8,000 (\$11,250 at ages 60 to 63)
IRA or Roth IRA	\$7,500	+\$1,100

6 Medicare and IRMAA, 2026

Standard Part B premium **\$202.90** a month; Part B deductible **\$283**. Higher incomes pay more, set by **2024 MAGI** (AGI plus tax-exempt interest). Per person, per month.

2024 MAGI, single	Joint	Part B	Part D add-on
\$109,000 or less	\$218,000 or less	\$202.90	\$0.00
\$109,001 to \$137,000	\$218,001 to \$274,000	\$284.10	\$14.50
\$137,001 to \$171,000	\$274,001 to \$342,000	\$405.80	\$37.50
\$171,001 to \$205,000	\$342,001 to \$410,000	\$527.50	\$60.40
\$205,001 to \$499,999	\$410,001 to \$749,999	\$649.20	\$83.30
\$500,000 or more	\$750,000 or more	\$689.90	\$91.00

A cliff: \$1 over a line costs the whole step for 12 months (\$1,148 a year per person at the first line, \$2,297 for a couple). Income dropped because you retired or lost a spouse? Form SSA-44 asks Social Security to use a newer year.

7 Required minimum distributions (RMDs)

- Start age:** 73 if born 1951 to 1959; **75** if born 1960 or later.
- Formula:** last December 31 balance ÷ the factor for your age this year.
- Missed one?** The penalty is 25% of the shortfall, 10% if fixed in time.
- QCD:** from age 70½ up to **\$111,000** (2026) can go straight from an IRA to charity. It counts toward the RMD and stays out of your income.

Age	Factor	Age	Factor	Age	Factor	Age	Factor
73	26.5	79	21.1	85	16.0	91	11.5
74	25.5	80	20.2	86	15.2	92	10.8
75	24.6	81	19.4	87	14.4	93	10.1
76	23.7	82	18.5	88	13.7	94	9.5
77	22.9	83	17.7	89	12.9	95	8.9
78	22.0	84	16.8	90	12.2	96	8.4

Example: age 73, IRA worth \$500,000 on December 31, 2025.
 $\$500,000 \div 26.5 = \textbf{\$18,868}$ to withdraw in 2026, taxed as ordinary income.

8 One move, several lines

If you	It raises	Which can trigger
Take an RMD or IRA withdrawal	AGI	More benefits taxed; IRMAA 2 years later
Do a Roth conversion	AGI	IRMAA 2 years later; less senior deduction
Sell at a gain	AGI	The same, plus the 3.8% tax above its line
Give by QCD (age 70½+)	Nothing	None: it meets the RMD with no added income

Run your own numbers free: [Social Security tax calculator](#) · [IRMAA calculator](#) · [RMD calculator](#)

Sources: IRS Rev. Proc. 2025-32 and IR-2025-103 (brackets, deductions, capital gains); IRS, senior deduction under the 2025 law; IRS Notice 2025-67 (401(k), IRA, QCD limits); IRS Publications 590-B (Uniform Lifetime Table) and 915 (taxation of benefits); Social Security Administration, 2026 COLA fact sheet; CMS, 2026 Medicare Parts A and B premiums and deductibles fact sheet (November 14, 2025). All read October 10, 2026.

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