



CT TEACHERS' RETIREMENT BOARD
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COST OF LIVING ADJUSTMENTS

The Connecticut Teachers' Retirement Board provides for an annual cost of living adjustment (COLA) once a member has been retired for at least a minimum of nine months.

Cost of living adjustments are paid in either January or July depending on the member's effective date of retirement. The annual COLA date for members retiring November through April is January and the annual COLA date for members retiring May through October is July.

For **members who retired prior to September 1992**, the cost of living adjustment is based on the National Consumer Price Index for the twelve month period ending on the last day of the preceding November, for COLA paid in January or May, for COLA paid in July. The cost of living adjustment ranges from a minimum of 3% to a maximum of 5% annually.

For **members who retired on or after September, 1992**, the cost of living adjustment is based on the Social Security cost of living adjustment up to a maximum of 6% and provides further that if the investment performance of the retirement fund for the preceding fiscal year is less than 8.5%, the cost of living adjustment will be capped at 1.5%.

For **members who join the system on or after July 1, 2007**, the cost of living adjustment will be based on the Social Security cost of living and the investment performance of the retirement fund for the prior fiscal year to a maximum of 5%. If the investment performance of the retirement fund is less than 8.5%, the cost of living adjustment will be capped at 1%. If the investment performance of the retirement fund for the prior fiscal year is between 8.5% and 11.5%, the cost of living will be capped at 3%. If the investment performance of the retirement fund is over 11.5%, the cost of living will be capped at 5%.

For the history of the COLA please click on [Cost of Living Adjustments Granted From 1978](#).