CT TEACHERS' RETIREMENT BOARD
COST OF LIVING ADJUSTMENTS GRANTED FROM 1978

Cost of Living Date	Retirement Date Prior to September 1992	Retirement Date On or After September 1992	
		Joined the system prior to July 1, 2007	Joined the system on or after July 1, 2007
	(Minimum 3% to Maximum 5%)	*(Minimum 0% to Maximum 6%)*	*(Minimum 0% to Maximum 5%)*
July 2020	3.00%	1.50%	1.00%
January 2020	3.00%	1.50%	1.00%
July 2019	3.00%	1.50%	1.00%
January 2019	3.00%	1.50%	1.00%
July 2018	3.00%	2.00%	2.00%
January 2018	3.00%	2.00%	2.00%
July 2017	3.00%	0.30%	0.30%
January 2017	3.00%	0.30%	0.30%
July 2016	3.00%	0.00%	0.00%
January 2016	3.00%	0.00%	0.00%
July 2015	3.00%	1.70%	1.70%
January 2015	3.00%	1.70%	1.70%
July 2014	3.00%	1.50%	1.00%
January 2014	3.00%	1.50%	1.00%
July 2013	3.00%	1.50%	1.00%
January 2013	3.00%	1.50%	1.00%
July 2012	3.00%	3.60%	3.60%
January 2012	3.80%	3.60%	3.60%
July 2011	4.10%	0.00%	0.00%
January 2011	3.00%	0.00%	0.00%
July 2010	3.00%	0.00%	0.00%
January 2010	3.00%	0.00%	0.00%
July 2009	3.00%	1.50%	1.00%
January 2009	3.00%	1.50%	1.00%
July 2008	4.50%	2.30%	2.30%
January 2008	4.60%	2.30%	2.30%
July 2007	3.00%	3.30%	3.30%
January 2007	3.00%	3.30%	
July 2006	4.30%	4.10%	
January 2006	3.50%	4.10%	
July 2005	3.00%	2.70%	
January 2005	3.70%	2.70%	
July 2004	3.00%	1.50%	
January 2004	3.00%	1.50%	
July 2003	3.00%	1.40%	
January 2003	3.00%	1.40%	
July 2002	3.00%	1.50%	

Cost of Living Date	Retirement Date Prior to September 1992	Retirement Date On or After September 1992	
		Joined the system prior to July 1, 2007	Joined the system on or after July 1, 2007
	(Minimum 3% to Maximum 5%)	*(Minimum 0% to Maximum 6%)*	*(Minimum 0% to Maximum 5%)*
January 2002	3.00%	1.50%	
July 2001	3.70%	3.50%	
January 2001	3.50%	3.50%	
July 2000	3.30%	2.50%	
January 2000	3.00%	2.50%	
July 1999	3.00%	1.30%	
January 1999	3.00%	1.30%	
July 1998	3.00%	2.10%	
January 1998	3.00%	2.10%	
July 1997	3.00%	2.90%	
January 1997	3.30%	2.90%	
July 1996	3.00%	2.60%	
January 1996	3.00%	2.60%	
July 1995	3.20%	1.50%	
January 1995	3.00%	1.50%	
July 1994	3.00%	2.60%	
January 1994	3.00%	2.60%	
July 1993	3.10%	1.50%	
January 1993	3.00%		
July 1992	3.00%		
January 1992	4.20%		
July 1991	4.90%		
January 1991	5.00%		
July 1990	4.10%		
January 1990	4.50%		
July 1989	5.00%		
January 1989	4.20%		
July 1988	3.80%		
January 1988	4.60%		
July 1987	3.70%		
January 1987	3.00%		
July 1986	3.00%		
January 1986	3.40%		
July 1985	4.10%		
January 1985	3.50%		
July 1984	3.10%		
January 1984	3.00%		
July 1983	4.00%		
January 1983	4.50%		
July 1982	5.00%		
January 1982	5.00%		
July 1981	5.00%		
January 1981	5.00%		

Cost of Living Date	Retirement Date Prior to September 1992	Retirement Date On or After September 1992	
		Joined the system prior to July 1, 2007	Joined the system on or after July 1, 2007
	(Minimum 3% to Maximum 5%)	*(Minimum 0% to Maximum 6%)*	*(Minimum 0% to Maximum 5%)*
July 1980	5.00%		
January 1980	5.00%		
July 1979	5.00%		
January 1979	5.00%		
July 1978	5.00%		
January 1978	3.00%		