



NATIONAL RESOURCE CENTER
ACHIEVING A BETTER LIFE EXPERIENCE ACT



Achieving a Better Life Experience with an ABLE Account

ABLE National Resource Center is primarily funded by Prudential

The ABLE National Resource Center

The [ABLE National Resource Center](#) (ABLE NRC) is the leading, comprehensive source of objective, independent information about federal- and state-related ABLE programs and activities, including guidance on tax-advantaged 529A (ABLE) savings accounts.

Our mission is to educate, promote and support the positive impact ABLE can make on the lives of millions of Americans with disabilities and their families.



ABLE Presentation

- This ABLE National Resource Center slide deck provides introductory information about ABLE savings / investment accounts, highlights the benefits of ABLE accounts and provides key resources.
- Share the positive impact ABLE accounts can make!
- Visit the [ABLE NRC website](https://www.ablenrc.org) at [ablenrc.org](https://www.ablenrc.org) to learn more about ABLE federal guidance, to explore ABLE plan comparison tools and to access direct links to open an ABLE account. Podcasts, webinars, and decision guides and financial wellness resources are posted, available on demand 24/7 and are free to access.



THE BASICS OF ACHIEVING A BETTER LIFE EXPERIENCE (ABLE)



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ABLE is a Tool to Obtain Financial Independence

- The Achieving a Better Life Experience (ABLE) Act allows millions of people with disabilities the chance to save and invest money without paying taxes on investment earnings.
- Account owners who receive needs-based benefits can save more than the savings limit (usually \$2000) and still get benefits if they need them.
- The savings can be spent on things that help the person stay healthy, independent and have a good life. This includes basic needs like food and housing.
- Anyone can deposit money in the account up to \$18,000 each year. Employed account owners can contribute more.



Why Save in an ABLER Account? (Slide 1 of 3)

Up to \$100,000 in savings is disregarded as a resource and will **NOT** affect Supplemental Security Income (SSI).

Any amount of ABLER savings up to the plan limit, currently between \$235,000 - \$569,000 depending on the plan, will **NOT** affect eligibility for:

- Free Application for Federal Student Aid (FAFSA),
- Housing Assistance - Housing and Urban Development programs (HUD),
- Supplemental Nutrition and Assistance Program (SNAP),
- Social Security and Disability Insurance (SSDI), or
- Medicare (Entitlement to Parts A, B, C, or D)
- Medicaid benefits including Medicaid Waiver Services and Medicare Savings Programs.

ABLE Decision Guide: [Understanding ABLER Account Savings and Public Benefits](#)



Why Save in an ABLER Account? (Slide 2 of 3)

ABLE account tax advantages:

- Many plans have a variety of investment options offered for funds in an ABLE account. **ABLE investment growth is tax-free;**
- Direct contributions into an ABLE account from family, friends, a Special Needs or Pooled Trust or a 529 College Savings Plan rollover, do not count as income by federally funded means-tested benefit programs (unlike many other types of accounts).



Why Save in an ABLER Account? (Slide 3 of 3)

There are Extra Costs when Living with a Disability

- Households with a working age adult require, on average, 29% more income a year to obtain the same standard of living as a comparable household without a member with a disability;
- ABLER account savings can help cover many of these extra costs.

Source: Morris, McGarity, & Goodman published work:

[The Extra Costs Associated With Living With a Disability in the United States](#)



Who is ABLE Eligible?

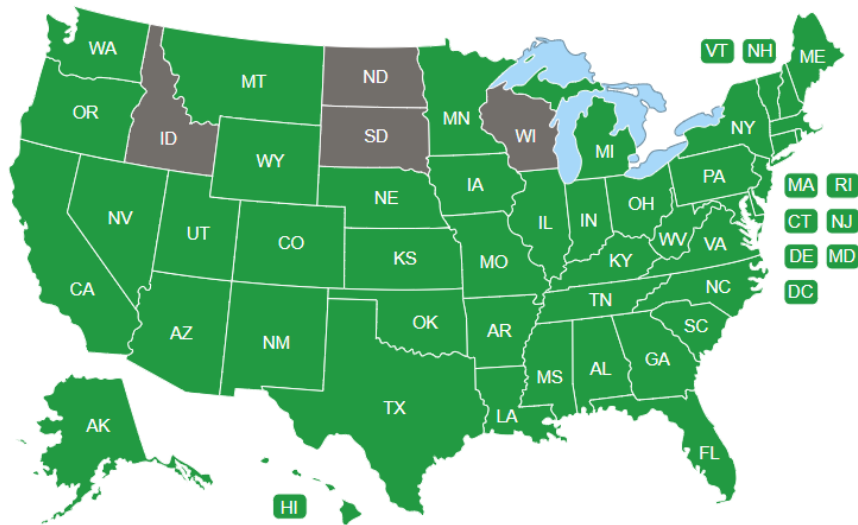
- A person who has received Supplemental Security Income (SSI) and/or Social Security Disability Insurance (SSDI) since before age 26*
- A person who has a disability that began before age 26 but has not received SSI or SSDI may ask their doctor to sign a [disability certification](#) indicating that their disability began before age 26 and results in severe functional limitations.
- A person who works and no longer receives SSI and/or SSDI but still has a disability continues to be ABLE eligible if their disability began before age 26.
- A person can open an ABLE account at any age.

*Note that age of eligibility is changing to before the age of 46 on 1/1/2026



Where are State ABLE Programs?

- There are 46 state ABLE programs, plus D.C. from which to choose.
- If you are ABLE eligible, you can open one ABLE account with an ABLE program; many accept out of state residents.
- [ABLE Program Comparison Tools](#)



How Do I Open and Manage an ABLE Account?

- Most ABLE accounts are opened online; you can contact specific ABLE plans for alternatives if needed.
- Once the account is open, the account owner – the person with a severe disability - can choose to allow others to access various levels of information about the account and/or to take specified actions on the account.

ABLE Decision Guides:

- [Selecting and Opening an ABLE Account](#)
- [Managing Your ABLE Account](#)



Contributions into an ABLER Account

In 2024, a total of \$18,000 can be contributed into the ABLER account by the person with a disability and/or from:

- Friends
- Family
- Special Needs / Pooled Trust
- 529 College Savings Account rollover
- Employer

ABLE Decision Guide: [Finding Funds to Save in an ABLER Account](#)



Additional Contributions

Put ABLE to Work for you –

An ABLE Account Owner who

- a) who works and
- b) does NOT have deposits made to an employer sponsored retirement plan - within that calendar year;

may contribute up to an additional **\$14,580 equal to their** employment earnings, or whichever is less, into their ABLE account. This amount is higher for residents of Alaska: \$18,210 and Hawaii: \$16,770 (2024 figures).



When is a good time to open an ABLÉ account?

Now!

- ❖ It's never too early nor too late to get started on your path to ABLÉ.
- ❖ You do not need to know all things about ABLÉ to get started.
- ❖ State plans have a minimal initial contribution requirement to open an account (\$0-\$50; Majority of plans are \$25)
- ❖ You can open an account online at any time of the day.
- ❖ If you are unsure about investing, you can open an ABLÉ account and choose to use the savings or checking option. You don't have to select an investment option.



How to Use ABLER Account funds

Qualified Disability Expenses (QDEs)

- Education;
- Basic living expenses including food and shelter;
- Housing including utilities, rent, modification, purchase, property taxes;
- Transportation;
- Employment training and support;
- Assistive technology;
- Personal support services;
- Health care expenses;
- Legal fees and financial management;
- Funeral and burial expenses

ABLE Decision Guide: [Determining Whether Something is a QDE](#)



Best Practice Tip

Deposit benefits and earned income into a checking account. Pay for housing, food and monthly expenses from the checking account. Deposit extra funds into the ABLE account at the end of each month.



ABLE SUCCESS -



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ABLE Success – learn from others



ABLE NRC Ambassadors are [ABLE account owners](#) and [family members](#) who share their success stories to encourage others to open an ABLER account.



ABLE RESOURCES



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ABLE National Resource Center

Visit ABLE NRC's website at
www.ABLENrc.org for:

- [ABLE Decision Guides](#)
- [ABLE Program Comparison Tools](#)
- [ABLE FAQs](#)
- [ABLE Account Owners](#)
- [ABLE Family Members](#)
- [#ABLEtoSave Podcasts](#)
- [ABLE Webinars](#)
- [AchievABLE Newsletter](#)
- [ABLE Toolkits \(Service Provider, Employer, Youth Transition Toolkit and Outreach to Communities of Color\)](#)



ABLE Decision Guide Series



ABLE Decision Guide Series

- A series of step-by-step guides on key ABLE topics that provide multiple pathways to outcomes.
- Guides help increase ABLE understanding and assist in effective decision making.

ABLE Decision Guides:

- [Am I ABLE Eligible?](#)
- [Selecting and Opening an ABLE Account](#)
- [Understanding ABLE Account Savings and Public Benefits](#)
- [Managing an ABLE Account](#)
- [Finding Funds to Save in an ABLE Account](#)
- [Determining Whether Something Is a Qualified Disability Expense](#)
- [ABLE Accounts and Working People with Disabilities](#)
- [Ready and ABLE to Work and Save](#)
- [Understanding ABLE Accounts, Special Needs Trusts and Pooled Trusts](#)



Learn More

This 1-page flyer offers a quick overview on ABLE accounts and the resources provided by the ABLE National Resource Center (ABLE NRC)

Scan this QR code to download the flyer to your device.



**ABLE** NATIONAL RESOURCE CENTER
Achieving a Better Life Experience Act



Discover the life-changing power of an ABLE account

An ABLE account can help improve the health, independence and quality of life for millions of eligible individuals with disabilities.

All the ABLE information you need, in one place.

The ABLE National Resource Center (ABLE NRC) is the leading source of objective, independent information about ABLE savings accounts and federal and state-related ABLE programs.

Founded in 2015 and managed by National Disability Institute (NDI), the ABLE NRC's website is the go-to source for ABLE information for people with disabilities and their families, as well as service providers, financial professionals and more.

ABLE accounts allow eligible individuals to save and invest money, largely without affecting eligibility for public benefits.



“Having an ABLE account gives me a lot of breathing room and a way to save for the long-term, in a life-changing way.”

— Simon Santos, ABLE Account Owner & ABLE NRC Ambassador

Learn about ABLE Accounts
ABLE accounts are tax-free savings and investment accounts for individuals with disabilities so they can save for qualified disability expenses like transportation, healthcare, food, housing, education, retirement and more.

Explore Decision Guides
Our ABLE Decision Guide Series can help you make informed choices when selecting, opening and using an ABLE account.

Access Upcoming and On-Demand Webinars
Register for upcoming webinars or watch our collection of On-Demand webinars any time.

Hear from ABLE Experts
The ABLE to Save Podcast Series interviews ABLE account holders and family members, and leaders in the public and private sectors, about how ABLE accounts can be an effective savings tool.

EXPLORE THE POWER OF ABLE ACCOUNTS
[ablenrc.org](https://www.ablenrc.org)



Connect with us: [@theABLENRC](https://www.ablenrc.org)
[#ABLEtoSave](https://www.ablenrc.org)    



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[ablenrc.org](https://www.ablenrc.org)

Help Spread the Word!

Please share information about ABLE accounts with your friends, family and community groups!

- [ABLE-related questions may be submitted to: ablenrc.org/Contact](https://ablenrc.org/Contact)
- To receive up-to-date information on ABLE, please subscribe to our [AchievABLE](#) newsletter.
- Connect with us on social media – [Facebook](#), [Instagram](#), [Threads](#) and [LinkedIn](#) – [@theABLENRC](#).



THANK YOU!



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