



NATIONAL RESOURCE CENTER
ACHIEVING A BETTER LIFE EXPERIENCE ACT



Achieving a Better Life Experience with an ABLE Account

ABLE National Resource Center is funded through grants from Prudential, Wells Fargo and JP Morgan Chase.

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 and key resources.
- Visit the [ABLE NRC website](#) 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 providing robust ABLE-related information.

ACHIEVING A BETTER LIFE EXPERIENCE (ABLE)



NATIONAL RESOURCE CENTER
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ABLE Legislation and Financial Independence

The Achieving a Better Life Experience (ABLE) Act was signed into law on December 19, 2014.

The ABLE Act allows states to create tax-advantaged ABLE accounts for eligible individuals with disabilities.

This allows millions of people with disabilities the opportunity to save above the \$2,000 resource limit while maintaining eligibility for needs-based benefits.



What is an ABLE Account?

A person with a qualifying disability that began prior to age 26* may open a tax-advantaged 529A (ABLE) account in their own name.

An ABLE account makes it possible to:

- Save and invest money from family, friends, employment, benefits, income tax refunds and other sources;
- Use funds to pay for a wide range of qualified disability expenses, and
- Maintain eligibility for federally-funded, needs-based benefits.

**Effective January 1, 2026, ABLE eligibility will include people who have a disability that began before age 46.*



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

There are Extra Costs when Living with a Disability

- Households containing an adult with a work-disability require, on average, 28% more income (or an additional \$17,750 a year at the median household income) to obtain the same standard of living as a comparable household without a member with a disability;
- An ABLER account can help cover many of these extra expenses.

Source: Morris, McGarity, & Goodman published work:

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



Why Save in an ABLER Account? (Slide 2 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, which can be between \$235,000 - \$550,000 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 3 of 3)

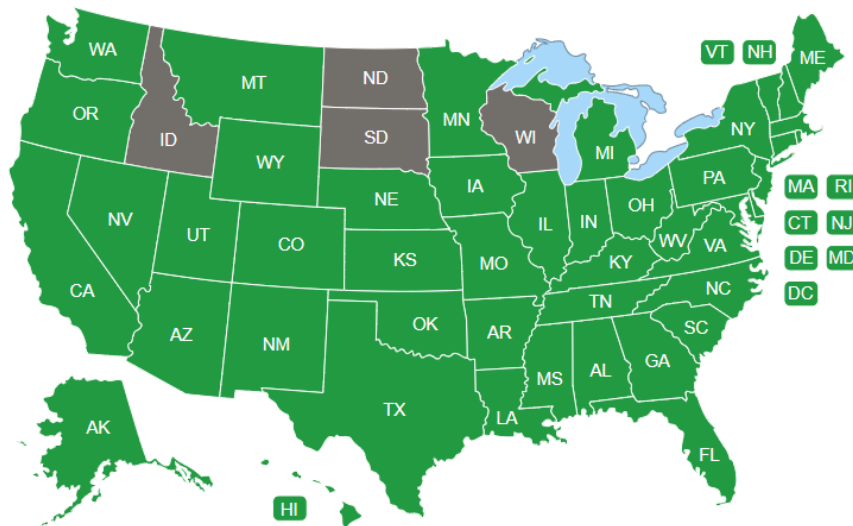
ABLE account tax advantages:

- Account balance (principle and income) can be invested through a variety of options offered by an ABLE program;
- Investment growth is tax-free when used for Qualified Disability Expenses;
- ABLE savings and investment funds are available for use within 20 days of deposit without penalty;
- Contributions into ABLE 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.



State ABLÉ Programs

- There are over 45 state ABLÉ programs from which to choose.
- If you are ABLÉ eligible, you can open one ABLÉ account in any state that has an ABLÉ program that accepts out of state residents.
- [ABLÉ 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 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

An annual total of \$17,000 can be contributed into the ABLER account by the person with a disability or from:

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

In addition, an ABLER Account Owner who resides in the continental U.S. and who works and does NOT participate in an employer sponsored retirement plan - within that calendar year - may contribute up to an additional \$13,590 from their earnings into their ABLER account. This amount is higher for residents of Alaska: \$16,990 and Hawaii: \$15,630.

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



Qualified Disability Expenses (QDEs)

(Slide 1 of 2)

- **ABLE funds may be used to pay for items or services that:**
 - Relate to the beneficiary's blindness or disability
 - Are for the benefit of that beneficiary
 - Relate to maintaining or improving his/her health, independence or quality of life
- **QDEs should be broadly understood and are not limited to:**
 - Expenses for which there is a medical necessity, or
 - Expenses that provide no benefits to others in addition to the benefit to the beneficiary



Qualified Disability Expenses (QDEs)

(Slide 2 of 2)

- 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](#)



ABLE SUCCESS AND ABLE RESOURCES



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ABLE Success



"Because of my ABLER account, I will have a better and more financially secure future."

TAYLOR — ABLE ACCOUNT OWNER

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

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](#)



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](#) (including [Service Provider Toolkit](#), [Employer Toolkit](#), and [Outreach to Communities of Color Toolkit](#))



Help Spread the Word!

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

- [ABLE-related questions may be submitted to us here.](#)
- To receive up-to-date information on ABLE, please subscribe to our [AchievABLE](#) newsletter.
- Connect with us on social media – [Facebook](#), [Instagram](#), Tik Tok and Twitter – [@theABLENRC](#).



THANK YOU!



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