



ABLE | NATIONAL
RESOURCE
CENTER

Achieving a Better Life Experience with an ABLE Account

ABLE Account Basics

May 2024

ABLE National Resource Center

The [ABLE National Resource Center](#) (ABLE NRC) is the leading, comprehensive source of objective, independent information about ABLE plans, including guidance on tax-advantaged 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 Account Basics Presentation (Slide 1 of 2)

This presentation is intended for use by professionals, advocacy groups, service providers, educators and other entities to share with your respective networks. It can also be used as a resource for self-study.

Thank you, in advance, for learning more and helping to spread the word about the positive impact ABLE accounts can make!

ABLE Account Basics Presentation (Slide 2 of 2)

- This ABLE National Resource Center (ABLE NRC) slide deck provides introductory information about ABLE savings / investment accounts, highlights the benefits of ABLE accounts and provides key resources to access additional ABLE-related information.
- Visit the [ABLE NRC website](https://ablenrc.org) at **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, decision guides and financial wellness resources are available on demand 24/7 and are free to access.



The Basics of Achieving a Better Life Experience (ABLE)

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 - \$596,925 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 ABLE 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](#)

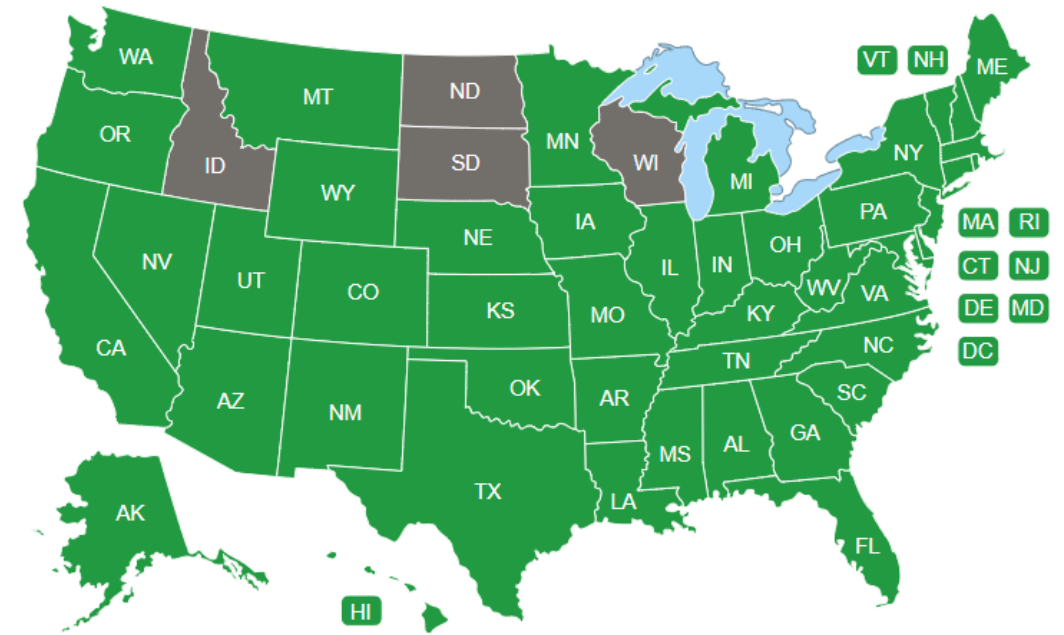
Who is ABLE Eligible?

- 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*

State ABLE Programs

- There are 46 state ABLE programs, plus D.C. There is a total of 49 plans from which to choose.
- If you are ABLE eligible, you can open one ABLE account; many plans accept out of state residents.
- An ABLE Program [Comparison Tool](#) and [Interactive State Map](#) is available on the ABLE NRC's website.



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 ABLE Account

In 2024, a total of \$18,000 can be contributed into the ABLE 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 ABLE 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 ABLE Account?

Now!

- It's never too early nor too late to get started on your path to ABLE.
- You do not need to know all things about ABLE 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 ABLE account and choose to use the savings or checking option. You don't have to select an investment option.

How to use ABLE Account funds

Qualified Disability Expenses (QDEs)

- Education;
- Basic living expenses including food and shelter;
- Housing including utilities, rent, modification, mortgage, property taxes;
- Transportation;
- Employment training and support;
- Assistive technology;
- Personal support services;
- Health care expenses, wellness, prevention;
- 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 – Learn from Others



ABLE NRC Ambassadors are ABLE account owners and family members who share their success stories to encourage others to open and maximize the benefits of an ABLE account.



ABLE NRC Resources

ABLE National Resource Center Website

Visit our website at ablenrc.org for:

- [ABLE FAQs](#)
- [ABLE Decision Guides](#)
- [ABLE Programs by State](#)
- [Compare ABLE Programs](#)
- [Meet our ABLE Ambassadors](#)
- [ABLE to Save Podcast](#)
- [ABLE Webinars](#)
- [AchievABLE Newsletter](#)



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 NRC Toolkits

- [Employer Toolkit](#)
- [Service Provider Toolkit](#)
- [Youth Transition Toolkit](#)
- [ABLE NRC Media Toolkit](#)



NDI Resources

- [National Disability Institute](#)
- [American Dream Employment Network \(ADEN\)](#)
- [NDI Assistive Technology Loan Program and AFP List](#)
- [NDI Financial Resilience Center](#)
- [NDI Small Business Hub](#)

Help Spread the Word!

- Please share information about ABLE accounts with friends, family and community groups!
- Subscribe to receive our [AchievABLE](#) newsletter and receive important ABLE-related updates.
- Connect with us on social media: [LinkedIn](#), [Threads](#), [Instagram](#), [Facebook](#) @theABLENRC.
- Participate in [ABLE National Resource Center webinars](#) to stay informed.
- Visit our [website at ablenrc.org](#) and check out our resources, including [Frequently Asked Questions](#).

Thank You!