



ABLE NRC

ABLE Age Adjustment Act

Social Media Toolkit

SEPTEMBER 2025

OVERVIEW

The **ABLE Age Adjustment Act** takes effect on **January 1, 2026** and expands ABLE account eligibility to individuals whose disability began before age **46** (up from 26). This historic change nearly doubles eligibility, extending financial empowerment opportunities to more than 6 million additional people with disabilities, including many veterans and those with late-onset conditions.

This toolkit provides partners with ready-to-use content to amplify awareness of this milestone. Posts highlight:

- **What's changing:** The age of onset expanding from 26 to 46.
- **Who benefits:** Veterans, individuals with later-onset disabilities, caregivers, and families.
- **Why it matters:** ABLE accounts provide tax-advantaged savings, protect benefits like SSI and Medicaid, and increase financial independence.
- **What to do next:** Learn more and prepare for 2026 with the ABLE NRC Fact Sheet.

HOW TO USE THIS TOOLKIT:

- Share posts across Facebook, LinkedIn and Instagram.
- Add organizational branding or stories of impact if desired.
- Always include the link: [ABLE Age Adjustment Act Fact Sheet](#)
- Use the suggested hashtags to connect with broader conversations and increase visibility.

By working together, we can ensure that individuals with disabilities, families, service providers and advocates are prepared to take advantage of this expanded opportunity for financial security.

SAMPLE SOCIAL MEDIA POSTS:

Feel free to copy, paste and customize the posts found within the toolkit below. Please be sure to tag **@TheABLENRC** on Facebook and Instagram and **@ABLE National Resource** Center on LinkedIn and use any or all of the recommended hashtags.

CALL TO ACTION:

Please direct audiences to ABLE NRC's ABLE Age Adjustment Act Fact Sheet at <https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/>.

HASHTAGS:

#ABLEAgeAdjustment #ABLEAccounts #DisabilityInclusion
#FinancialEmpowerment #DisabilityRights #EconomicInclusion

QUESTIONS?

Please email info@ablenrc.org with any questions. ***Thank you for helping us spread the word!***

SAMPLE COPY FOR POSTS:

- Exciting news! Starting January 1, 2026, individuals whose disabilities began before age 46 will be eligible to open ABLE accounts. Millions more can save tax-advantaged for essential expenses while preserving crucial benefits. Learn more at [@theablenrc: ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).
- Do you know someone whose disability began after age 26? They'll soon be able to open an ABLE account! The ABLE Age Adjustment Act expands eligibility to onset before age 46. Visit [@The ABLE National Resource Center's](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/) fact sheet to get details and share widely: [ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).
- Veterans, individuals with late-onset disabilities and caregivers – this one's for you. Starting 2026, ABLE accounts open doors to financial stability without risking benefits like SSI or Medicaid. Get the facts from [@TheABLENRC](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/) at [ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).
- ABLE accounts are a powerful way to save for the future without losing critical benefits.

-Tax-free growth

-Up to \$100K protected from SSI limits

-Flexible use for housing, healthcare, education & more

Now, with the ABLE Age Adjustment Act, even more people are eligible. See how this change can make a difference: [ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).

- Worried about losing government benefits if you save? With an ABLE account, up to \$100K doesn't count toward SSI, HUD, SNAP, Medicare or Medicaid. And starting Jan 1, 2026, you can qualify if your disability onset was before age 46. Discover full details at [@The ABLE National Resource Center: ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).
- The ABLE Age Adjustment Act will enable 6 million more Americans with disabilities, including another one million Veterans with disabilities, to access ABLE accounts starting in 2026, nearly doubling eligibility. Learn more and help spread the word: [ablenrc.org/the-able-age-adjustment-act-fact-sheet/](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/) [@TheABLENRC](https://www.ablenrc.org/the-able-age-adjustment-act-fact-sheet/).

- ABLE eligibility will expand to disability onset before age 46, effective 2026! This means more financial independence for individuals with disabilities while preserving essential benefits. Check out [@theablenrc](#)'s fact sheet to learn more: ablenrc.org/the-able-age-adjustment-act-fact-sheet/

SAMPLE GRAPHICS:



ALT TEXT:

Green background with the ABL National Resource Center logo at the top. White text reads: "3 Benefits of ABL Accounts" followed by three icons and phrases: dollar bill icon with "Tax-free savings," medical symbol icon with "Protected benefits," and chart icon with "Increased financial independence." Footer text reads: "Expanded eligibility in 2026 – Learn more!"



If your disability began before age 46,
you may qualify for a tax-free ABLE
account starting January 1, 2026.
Learn more at ablenrc.org.

ALT TEXT:

White birthday cake with rainbow sprinkles and gold candles shaped as the number 46. The ABLE National Resource Center logo is at the top. Text reads: "If your disability began before age 46, you may qualify for a tax-free ABLE account starting January 1, 2026. Learn more at ablenrc.org."

26 → 46

Expanded eligibility
starts January 1, 2026!

ALT TEXT:

*Green background with the ABLE National Resource Center logo at the top.
Large white numbers "26" and "46" are connected by an arrow pointing right.
Text reads: "Expanded eligibility starts January 1, 2026!"*