**National ABLE Savings Day Communications Toolkit**

Social media accounts to monitor:

ABLE today: @abletodayorg

Social Media Posts:

Did you know that August 14th is National ABLE Savings Day? Learn more about the plans available all over the country [here](https://nast.org/able/). #ABLESavingsDay

Think you know everything about ABLE Savings Plans? Debunk some of the myths [here](https://www.ablenrc.org/what-is-able/debunking-able-myths/). #ABLESavingsDay

There are over 195,000 ABLE accounts open nationwide. Are you one of them? Learn more about {SPECIFIC PROGRAM} by clicking here {INSERT LINK}. #ABLESavingsDay

Thanks to ABLE Savings Programs, many Americans living with disabilities have more independence than ever. Learn more [here](https://nast.org/able-advocacy/). #ABLESavingsDay

Check out this [video](https://www.youtube.com/watch?time_continue=12&v=lLkjZkMrw2I&embeds_referring_euri=https%3A%2F%2Fnast.org%2F&embeds_referring_origin=https%3A%2F%2Fnast.org&source_ve_path=Mjg2NjY) to hear the personal impact ABLE Savings Plans are having all across the country. #ABLESavingsDay

Starting January 2026, the ABLE Age Adjustment Act broadens eligibility for ABLE accounts, allowing individuals who acquired a disability before age 46 to save and invest without losing public benefits. Learn more here: <https://www.youtube.com/watch?v=Icfwtrab3Rc>

By increasing the age of eligibility for ABLE accounts, the ABLE Age Adjustment Act provides individuals who acquire disabilities later in life the opportunity to save for future needs, promoting greater financial independence and stability. <https://www.youtube.com/watch?v=Icfwtrab3Rc>

Expanding eligibility for ABLE savings accounts through the ABLE Age Adjustment Act not only benefits individuals but also strengthens the sustainability of state ABLE programs, ensuring their availability for future generations. <https://www.youtube.com/watch?v=Icfwtrab3Rc>

The ABLE Age Adjustment Act, which starts January 2026, empowers individuals who acquire disabilities later in life to take control of their financial futures, promoting independence without impacting public benefits. <https://www.youtube.com/watch?v=Icfwtrab3Rc>

By raising the age of eligibility for ABLE accounts, starting January 2026, the ABLE Age Adjustment Act bridges the gap for individuals who acquire disabilities after age 26, ensuring they have access to the same financial tools as those who acquire disabilities earlier in life. <https://www.youtube.com/watch?v=Icfwtrab3Rc>

Did you know starting January 1, 2026, individuals with a severe diagnosis that occurred prior to age 46 will now have access to an ABLE Account - offering tax-free earnings without impacting public benefits? <https://www.youtube.com/watch?v=Icfwtrab3Rc>

Sample Press Release:

Celebrating National ABLE Savings Day

{CITY, STATE} (August 11, 2025) – August 14, 2025, marks the second annual national ABLE Savings Day, hosted by the ABLE Savings Plans Network (ASPN) of the National Association of State Treasurers (NAST)! ABLE savings plans across the country are celebrating the value and importance that these plans bring to people with disabilities.

{QUOTE}

The Stephen Beck, Jr. Achieving a Better Life Experience Act (ABLE Act) became law on December 19, 2014. The ABLE Act created an opportunity for eligible individuals with disabilities and their families to save and invest while preserving eligibility for public benefits.

ABLE accounts can change the way individuals with disabilities and their families participate in the community, build financial wellness and plan for the future. Funds in the accounts can be used to pay for disability-related expenses that help maintain the individual’s health, independence and quality of life – all without losing access to federal means-tested benefits.

According to the National Association of State Treasurers, more than 195,000 Americans with disabilities have collectively saved $2.3 billion in ABLE accounts. With an average account balance of more than $11,000, ABLE accounts are empowering many to save more than asset limits for much-needed expenses. More data can be found [here](https://link.mediaoutreach.meltwater.com/ls/click?upn=u001.4nRTNq41nMWWhmNM94L71tDkKUiUJGy6igBOuFhz-2FEJ21F9-2Fa-2BMKPF-2FOJmj-2F7RpqI8aSX1RlaDbEhtGWIfR4kbdR7AOIQbah-2FSUK8e9r08OK4xuo-2FD5EGWcJ03-2FF8-2F6LS4ejtIXrzXE2s6PsOHONRy9kMRKMGiQrS1qI13aio6oglD2k5wsNIORy-2FEP4KlAY0f92pKw3x2BXtH5Xww4j76Cmab-2FQFmQXf2lRywdeJB2tnt45YwMLCH2xaAogujJbIwL-2BbBjdyUn5n-2F6KLZQ3xnJMAqUUfAm15RCKohIhZZtblkN-2FZz2k-2F73bjl-2FPCpxXH9ll5npJ05o-2FYP5Ankn4bHE-2BHeXMlXqPlDjUGugE7o1VVdXqzCLxaC2t4M-2Fk5ZOV9IIcPEfYc6VSShCoFINoWr8bpUJCJDmIAfueUVAi9T8X7g2pFfJMcqVKljZb40iyP78OidoXwMDz0D-2BqjzaZ-2BGPQUDxi99skgNQVG87B-2F2LUHSOlqG1EP4U5kxLvydV6b94TDIuOCiffPm-2F4-2B4mpocUqOArBh2xViQircIqrJccu5GluNI350fq1u5r8RIz-2BVD37mpwhHUFtSELhhl4EFg8fOkKAYNgVI3ODQQwvHFFKraSGd7OA4JH-2FzyFTgTL389VmYB1hMORDfd6mwp8g4XzD2UX0xM6jg2LPRsNTmpFelWhv3aVypB9a5m-2BWwjrS9ua2W4oyFzshYPCkEL8QMmhkMivQPlVTHzBE7SKvJ9N2TLTen8jGPjEi88UZYUq0M6WgfHE-2BaONhe3hlGMssa8CA9JLVoio9VMH7h10R-2F-2Fcwc2-2BJDK6x27W7Q3jIfXULdebI8pFewLpWOVbCmuZSqAuVzkOMuIFqDMmjDpokYVcbxGMH4jcl8UfpsWo3KxYTyCp7h5DoYAqMEIEB9OqEN04Wyju0pIFOT1rUgUy6ShDpBMRXOS12V6KiQrMAgS3rUwrfYmOvtyFvyDEO2gPNuoa-2BrI-2FirzMlNV7qDb6ihr2-2FxbrwQaj1vwz25m-2BoBxZ1T2-2BxwEEGaJxVcVpuEipi4QvUc0VrXeJqOgXSZLE4-2B7u-2Fv6E7shXxvMVcfrANjW4DQ0tofJgwkp8nEYTCOSD-2F9TZVT0bgWgQU6Ee8VdyA8kpEja3WtRs8UvkwhbjmR6BSWtmj7zR8uNl-2FwQt7RnHNXhJdF089bMSrtVAsQsqc7nFW8yFxKrTki0GkO67Ga1thCRH5Uo6i5SRoUQnaxesrofxNwF6O8LsG4EN8hP6huV8sFoQkXzr7p-2BKFCpfw7jvxztoRyW5vozBYdH92Y7US5c-2FvY-2FMS3636s2LA7pqu8no-3DYCNf_1bjvdYK7b1KHhROFVKAkB5zutzk5EnA-2B-2Bhhxocf-2BYZCitDLH-2FxctaWyMv74nTrSvwvIp-2FDubKqQRbC0IcLJTLpr2qVptElJKZQuYbYFC3GhUdVUdM82ClY9LbQWuCa9cX4J3ePe2CEMAcZ5yevri4Ef9tzUsrYqKShAHoNnuKzApaZETMcTllHHHfGoKtmPRGFeNU-2BU5PKqxisR5qEYjONjBsSTmjgm2EDTnzuQf9sWIEduc7iWAUS0oTcnJab1-2FWX-2FOtOOGo6FZIs2uoYlUl-2FV0RqTXmbBr6TGagVkd7tn12daoDXuHAjNPmOpZv-2F6WBNBLWSnUvhV5Z69MZlgMyLe9n-2F00xZrhb3sk5SI7n-2FYidz5soevSp0s0YZqz1-2B9kS2ByqUKrWaZ68dOTmyWu1w-3D-3D).

Eligible individuals of any age can open an ABLE account. Beginning in January 2026, more Americans will be able to utilize these accounts thanks to a law passed by Congress. The ABLE Age Adjustment Act increases the age requirement for when a disability must have begun from age 26 to age 46.

{INFORMATION ABOUT YOUR PLAN}

Contributions to ABLE accounts can come from earnings, family, friends and other sources. Earnings on the investments in an ABLE account grow free from state and federal taxes and are never taxed when used for qualified disability expenses.

For more information about ABLE Savings Plans, visit the National Association of State Treasurers’ ABLE today website [here](https://link.mediaoutreach.meltwater.com/ls/click?upn=u001.4nRTNq41nMWWhmNM94L71tDkKUiUJGy6igBOuFhz-2FEJ21F9-2Fa-2BMKPF-2FOJmj-2F7RpqI8aSX1RlaDbEhtGWIfR4kbdR7AOIQbah-2FSUK8e9r08OK4xuo-2FD5EGWcJ03-2FF8-2F6LS4ejtIXrzXE2s6PsOHONRy9kMRKMGiQrS1qI13aio6oglD2k5wsNIORy-2FEP4KlAYmj27mtYUBH-2FwkIeKX-2BRTxBNT3cGNOOtBv-2FPq9tborxi-2BAK7JKb8UTONWnwW3beGJy9Cm7xheAorQoQwKqSor6IkDUmCE-2FugpodqgSunw2FIOaJDFLrXjCF7Qixm2KKK4hfA6uI3Jg4q9lfXrHW1eSPozIixMY8jHfmoFmaZZO0Lbu0lzpOfRn0WwHO9CQm8c2h64I9DxJJft89ef6RUOqDyzMKkg-2B9Lfa-2BlSsteAYcGx0d1-2FVvxcYZUQdDIjTSrfpWzEhirvy-2FN7eOe0oR0qIHDeUoVWxqVqG5HXyl3nsbcfvL29myuJuxr4wwiQuYnLKvC8cI-2Fg0Bw5zbukr4tHNmo6LqrAYJTPFLacLbQ3nWBswLP-2FXsmCAYVFdhU-2B47mcLwX7H4mPG3j774p5wDXAumRRSoP-2BM02xSy-2FJtYWbFDZduJ83SL8jvMRyI651smLK4GSWXGvchROd6Gv-2BYcDM6IQBXITtEXHY77FiAaT6MOfDLH6w6NdB3de323Y16CdHLU2qbj3B-2FBzxGsPxyDQsRA14uePAqXk2riHQJoUKEiNEEaYRGGnKuNpypaowho1Tg18N-2BlwyBFcrSEaz78BEnXd-2BfSKxrVHYkSRNJ-2F0z3B8GcY7BuyXCxQ19hBIcQO22V98XP5wZR76eL4udl6uaInc5Q05mWhYTuF8qYeb82pFgu3wVopYT-2B3s2PePP-2BQZhVYtxBwLjYlzmeqahmXLJ9D-2FKMP7KC35MKkDQBUgxg8LPFbVMdes8FMefBt5nh5kE1-2FP4J4F3-2BrCTq4SthsLzXMRFjG82DdO6XwkLAECesSQyEAJh36s7fPI87li1PBcDcXQ40gNnUdo48K5WZv3xpbUSN9vziww5ikAE0cLEwuq2EhN-2F5dnvtI6va0g3h5J9XhaKHwdboE3ZaE9G8IisOF3rOuV8ASnd4mChMLzEPMOJb-2BR3jCY-2BFjQiSb71zXM4ZvErhK2tSLFi8MZ8W-2FlOmj9oUk1-2BmJpCMwHtwh5nuQZUuPrB86gJjrp2Y1YBisUCyCfgJPnVBaZQhyJiWawKRwISI8Ohr2bVoTY-2BNqME93Qc-2FiWtSf1QOkx36X233WHFzMqEShD-2BouSJSXSYkGpw7Rjkbt-2F-2B7h2MvQO1baA3ihE-3DhDHa_1bjvdYK7b1KHhROFVKAkB5zutzk5EnA-2B-2Bhhxocf-2BYZCitDLH-2FxctaWyMv74nTrSvwvIp-2FDubKqQRbC0IcLJTLpr2qVptElJKZQuYbYFC3GhUdVUdM82ClY9LbQWuCa9cX4J3ePe2CEMAcZ5yevri4Ef9tzUsrYqKShAHoNnuKzApaZETMcTllHHHfGoKtmPRGFeNU-2BU5PKqxisR5qEYjONjBsSTmjgm2EDTnzuQf9sXKqLPk5pSOxHop9glng-2Fjl-2BkV6fk-2BprKs-2BhjA97-2FKG0ZM05Bqlz0peOpy1T375UD9CspQ-2BTrNaqUrzU-2FA4odzd0nHhBnbk-2BY9Z4Rl4fAHHktgDTMqUYSlgTQU4U5IXtYL1Y-2BIk8xp5jiVgdJF5y9JLwGVm2O-2FP0lD4Ev37VS1HNg-3D-3D).

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Sample Op-Ed:

Imagine not being able to save more than $2,000 in your name, at any one given time. Imagine not being able to save for home ownership or your first car. Over 61 million people in the United States may be dealing with this issue daily. Americans living with disabilities, who seek federal medical benefits, are limited to the amount of cash they are allowed to have at one time. This not only can cause poor spending choices but also restricts the ability of the individual to fulfill their American dream.

Thankfully, back in 2014, Congress passed a piece of legislation called The Stephen Beck, Jr. Achieving a Better Life Experience Act (ABLE Act) and it was signed into law by President Obama. These new state-run savings accounts, modeled after 529 savings plans, allow individuals to save and invest money without harming their ability to receive public benefits.

Many state programs have been in existence for over 7 years and are beginning to see the life changing value of these ABLE savings plans. {INSERT LOCAL STORY FROM YOUR PLAN}

Currently, according to the National Association of State Treasurers, there are 46 states and DC who have launched ABLE programs and over 195,000 accounts have been opened nationwide. In those accounts, over $2.3 billion has been invested in ABLE savings plans and the average account balance is almost $12,000. That is six times what people living with disabilities were able to save before these plans came into existence. They are already changing lives!

On August 14th, ABLE plans nationwide are celebrating the second ever National ABLE Savings Day to highlight the significance of these programs to Americans living with disabilities. During the entire month of August, {INSERT PLAN} has been preparing and planning {INSERT EVENTS/PROMOTIONS}.

During the month of August, and every other month of the year, {INSERT PLAN\AUTHOR NAME} strives to bring this valuable resource to as many {STATE INDIVIDUAL NAME ie. Hoosier} as possible. ABLE plans bring much needed financial independence and it’s our responsibility to get the word out!

Resources:

NAST - [ABLE Advocacy](https://nast.org/able-advocacy/)

NAST - [ABLE Plans Across the Country](https://nast.org/able/)

NAST - [National ABLE Plan Data](https://nast.org/national-able-data/)

ABLE today - [ABLE today](https://www.abletoday.org/)