



ABLE SAVINGS PLANS NETWORK

A Network of the National Association of State Treasurers

Celebrating National ABLE Savings Day

(Washington, DC, August 11, 2026) – August 14th will mark the third National ABLE Savings Day where those involved in ABLE Savings Plans programs across the country highlight the value and importance these plans bring to the disability community.

The Stephen Beck, Jr. Achieving a Better Life Experience Act (ABLE Act) became law on December 19, 2014. The ABLE Act creates a new option for qualified individuals living with disabilities and their families to save for the future, while protecting eligibility for public benefits.

Today, there are more than 246,000 open ABLE accounts totaling over \$3.2 billion in assets. ABLE plans can change the way individuals with disabilities and their families participate in the community. They build financial wellness and help families plan for the future by empowering them to save and invest for the added expenses that come with having a disability while protecting eligibility for federal means-tested benefits like SSI and Medicaid.

ABLE accounts foster person-centered independence, build self-reliance, encourage employment and improve quality of life. Contributions to ABLE accounts can come from income, family, friends and other sources. Earnings on ABLE accounts are tax-deferred, and withdrawals are tax-free as long as they are used for qualified disability-related expenses.

For more information about ABLE Savings Plans, visit the National Association of State Treasurers [here](#).

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