Achieving a Better Life Experience

New York Fact Sheet 2025

What is Achieving a Better Life Experience?

The Achieving a Better Life Experience (ABLE) Act allows an individual with a disability to set aside money in a tax advantaged account to be used to help meet qualified disability expenses.

Who is eligible for an ABLE account?

Anyone who has a disability and was diagnosed prior to age 26 is eligible for an ABLE account. A person must meet Social Security's criteria for disability but does not have to be collecting Social Security disability benefits to be eligible.

What are the advantages of an ABLE account?

Money placed in an ABLE account is tax free.

- Annual maximum contribution is $19,000.
- Additionally, individuals who are working for an employer who does not offer a pension plan can contribute up to $15,060 of their work income into their ABLE Account.
- NY state maximum account balance is 400,000.

Note: Up to $100,000 of the account will not be considered an asset for Supplemental Security Income (SSI), or other income-based welfare programs. This means a significant amount of money can be set aside without jeopardizing eligibility for public benefits.

What can the money in an ABLE account be used for?

ABLE funds can be used to pay for qualified disability expenses, including, but not limited to, education, housing, transportation, employment training and support, assistive technology, personal support services, healthcare expenses, financial management, and administrative services.

Who can contribute to an ABLE account?

The ABLE account can be funded by anyone, including family members, friends, and the individual with a disability.

Ugift® is a free-to-use service that lets friends and family contribute to an account using a unique code. Account Owners can opt-in to receive a Ugift® code by logging into their NY ABLE account, which then can be used by the account owner's family and friends to make a gift contribution at any time at Ugiftable.com

How to set up an ABLE account

In New York, the ABLE account is sponsored by the State of New York and administered by the Comptroller of the State of New York. For more information about the NY ABLE Savings Program (NY ABLE), call 1-855-569-2253 or visit: MyNYable.org

Minimum deposit to open account: $25.00

For more information about
Work Without Limits
Benefits Counseling
contact

1-877-YES-WORK
(1-877-937-9675)

or visit
workwithoutlimits.org

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