

Brain Teaser of the Month – How many burgers does McDonald's sell in a day (worldwide)?

ABLE accounts are tax-advantaged savings accounts for people with disabilities. These accounts are a way for individuals and their families to save for disability-related expenses without impacting government programs such as Medicaid and Social Security¹. The acronym ABLE stands for "Achieving a Better Life Experience."

ABLE accounts are similar to 529 College Savings Plans. While funds are in an ABLE account, all earnings grow tax-deferred. When funds are distributed from the account, the distribution will be tax-free as long as the funds are used for "qualifying disability expenses"².

Qualifying disability expenses may include:

- Education
- Housing
- Transportation
- Employment training and support
- Assistive technology and related services
- Health
- Financial management, administrative serviced and legal fees
- Basic living expenses

ABLE accounts offer a debit card so that the funds can be easily accessed for transactional spending.

Eligibility

Below are some examples of disabilities that may qualify for ABLE accounts³. Note that this is not an exhaustive list:

- **Developmental Disorders:** Autistic Spectrum Disorder, Asperger's Disorder, Developmental delays and learning disabilities
- **Intellectual Disability:** May be reported as mild, moderate, or severe intellectual disability
- **Psychiatric Disorders:** Schizophrenia, Major depressive disorder, Post-Traumatic Stress Disorder (PTSD), Anorexia Nervosa, Attention Deficit/Hyperactivity Disorder (AD/HD), Bipolar Disorder
- **Nervous Disorders:** Blindness, Deafness, Cerebral Palsy, Muscular Dystrophy, Spina Bifida, Juvenile-onset Huntington's Disease, Multiple Sclerosis, Severe sensorineural hearing loss, Congenital cataracts
- **Congenital Anomalies:** Chromosomal abnormalities, including Down Syndrome; Osteogenesis Imperfecta, Xeroderma Pigmentosum, Spinal muscular atrophy, Fragile X Syndrome, Edwards Syndrome
- **Respiratory Disorders:** Cystic Fibrosis

If an individual is already receiving Social Security benefits, they will qualify to open an ABLE account. If not, a doctor's note would be required. In all cases, the disability must have begun prior to age 26 (this is set to increase in January 2026 to age 46). The disability must be long-term (at least 12 months) and must cause "marked and severe functional limitations"⁴.

Contributing to an ABLE account

Unlike 529 plans, an individual is limited to only one ABLE account at a time. The total amount of contributions per year is currently \$19,000 for 2025⁵. Anyone can contribute to an ABLE account for a beneficiary.

If the account owner is working and not part of a workplace retirement plan, they can contribute an additional amount up to their current year's gross income⁶.

If an individual already has a 529 plan, the funds from that 529 can be rolled into an ABLE account. This can be done for the individual, or for a family member. The rollover is limited to \$19,000 per year for 2025⁷.

For Social Security purposes, the first \$100,000 in a person's ABLE account does not count toward Social Security benefit calculations. If the balance grows above \$100,000, Social Security will suspend the SSI payment until the balance falls below \$100,000⁸. There is no impact of an ABLE account on Medicaid benefits⁹.

To open ABLE accounts, you should first check with your state program to see if there are tax benefits available as a state resident. Some states may offer a tax deduction on contributions. A state-by-state list of ABLE state programs can be found [here](#).

If you have any questions or would like to discuss, please feel free reach to out to us. Always consult with your tax advisor on decisions that may impact your taxes.

All the best,

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Brain Teaser of the Month Answer – 6.48 million burgers per day.

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Sources:

1. ABLE Today: [FAQs](https://www.abletoday.org) – [abletoday.org](https://www.abletoday.org)
2. Social Security: [Spotlight on ABLE Accounts](https://www.ssa.gov) – [SSA.gov](https://www.ssa.gov)
3. ABLE United: [What type of disabilities qualify for an ABLE account?](https://www.ableunited.com) – [ableunited.com](https://www.ableunited.com)
4. ABLE Today: [Eligibility](https://www.abletoday.org) – [abletoday.org](https://www.abletoday.org)
5. Social Security: [Spotlight on ABLE Accounts](https://www.ssa.gov) – [SSA.gov](https://www.ssa.gov)
6. ABLE Today: [Overview](https://www.abletoday.org) – [abletoday.org](https://www.abletoday.org)
7. FINRA: [ABLE Accounts](https://www.finra.org) – [finra.org](https://www.finra.org)
8. Social Security: [Important Facts to know about the ABLE Act](https://www.ssa.gov) – [SSA.gov](https://www.ssa.gov)
9. ABLE Today: [FAQs](https://www.abletoday.org) – [abletoday.org](https://www.abletoday.org)

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