

More State & Federal Benefits

This fact sheet covers:

- **ABLE Accounts**—a savings and investment account that allows individuals to save money while keeping their Social Security and Medicaid benefits.
- **Individual Development Accounts**—a special matched savings program.
- **Family Self-Sufficiency Program**—a HUD program that allows you to save for transportation, daycare, and other things.
- **Supplemental Nutrition Assistance Program**—commonly known as food stamps.

This fact sheet contains information on four programs that help people with disabilities who are working or students with disabilities who intend to work. For more benefits information, see the other three fact sheets in this series on “**Supplemental Security Income (SSI) After Age 18,**” “**Social Security Disability Insurance (SSDI),**” and “**Working and Paying for Health Care,**” available online the [Benefits Information for Students and Families page](#) of the Center on Community Living and Careers website.



ABLE Accounts

An ABLE account is a special savings account that allows people with disabilities and their families to save and pay for future expenses. Eligible ABLE account holders can save up to \$15,000 per year. (Families and friends can donate to an account too.) As of 2018, some ABLE account holders who are working may be eligible to contribute an additional \$12,140 to their accounts each year.

The advantage of having an ABLE account is that your increasing savings won't cause you to lose your Medicaid or SSI. (Note, however, that if your ABLE account balance exceeds \$100,000, your SSI could be affected.) Account holders can use their ABLE funds to pay for transportation, personal assistant care, tutoring, tuition, travel, new technology—just about anything that improves quality of life.

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Indiana’s ABLE program is known as INvestABLE. Find more information about INvestABLE fees, investment options, and benefits on the [INvestABLE website](#).

To read more about eligibility, which states are now offering ABLE accounts, and the benefits of having an account, go to the [ABLE National Resource Center](#) and read the Resource Center’s article “ABLE Accounts: 10 Things You Should Know.”



Individual Development Accounts

Individual Development Accounts (IDAs) are special savings accounts that allow you to save money in an account and receive “matched” dollars from the state and federal government. You have to meet certain income guidelines, have a job, *and* have one of the following savings goals: furthering your education, buying a home, purchasing a vehicle, or starting a business. For every \$1 that you put in to your IDA, you will receive an additional \$3 to help you reach your goal.

For example, if you deposit \$400 into your IDA account for a year, the state will deposit an additional \$1,200, and you’ll have a total of \$1,600 toward your goal! An IDA can last several months or a few years.



Family Self-Sufficiency Program

If you and your family live in certain types of HUD-subsidized housing, such as public housing, or you receive assistance through the Section 8 Housing Choice Voucher program, you may be able to participate in the Family Self-Sufficiency Program. If approved, your family can set aside money in a special savings account, and you’ll receive case management services as well as help with transportation, daycare, and other things that will help you become more independent. During the program, you’ll need to sign a 5-year contract. At the end of the contract, you’ll receive the money from the special savings account if you’ve accomplished what you said you would in the contract (things like keeping your job, for instance).

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Supplemental Nutrition Assistance Program

The federal Supplemental Nutrition Assistance Program (SNAP) is more commonly known as “food stamps.” When you begin working, if you already receive SNAP, you’ll still be eligible for food and nutrition assistance, but the amount you receive in food stamps will be reduced, usually \$1 for every \$3 to \$4 you earn. So, if you earn \$100, your SNAP will be reduced by about \$25, depending upon the number of people in your household.



The Social Security Red Book

<http://www.socialsecurity.gov/redbook/>

