



*New York's Family to Family*

*Health Care Information and Education Center*

***Fostering Family Leadership and Family Professional Partnerships***

*NYS Affiliate Organization of Family Voices*

***Links Digest- Volume 151***

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As part of the Family to Family Health Care Information Center, Parent to Parent of NYS has established the Links Digest to provide links relevant to the issues of health care. Below is the most recent listing of website links which we have found valuable and hope they will be for others.

Families of children with disabilities and/or special health care needs often have added expenses related to the care of their children. Here are two ways to help ease the financial burdens that families face.

***What is an ABLÉ Account?***

ABLE Accounts are tax-advantaged savings accounts for individuals with disabilities and their families. Contributions to the account can be made by any person, but they must be made using post-taxed dollars and payments are not tax-deductible. The first \$100,000 in an ABLÉ Account is not counted as a resource for federal benefits such as SSI, Medicaid and SNAP which allows families or an individual to qualify for these benefits and still have the ability to pay for disability related expenses.

Here is a great older video explaining the purpose of ABLÉ Accounts

<http://ablenrc.org/about/what-are-able-accounts>. The financial information mentioned in the video is out-of-date but the eligibility explanations are correct. The ten questions that are listed under the video have updated financial information.

NYS has its own specific plans for NYS residents <https://www.mynyable.org/>.

***What Disability Related Expenses can I Deduct from my Income Taxes?***

There are special income tax breaks available to help lighten the extra cost of caring for children with disabilities and/or special health care needs. Here is a publication from the IRS explaining what credits and deductions are available with explanations on who qualifies for them. There is a special section for parents whose children have disabilities.

<https://www.irs.gov/pub/irs-pdf/p3966.pdf>

Also, here is another publication from the IRS explaining what medical and dental expenses can be included as itemized deductions. It is important to know that for 2018, the standard deduction was increased to \$12,000 for single filers and \$24,000 for married couples filing jointly and that qualifying medical expenses have to be more than 7.5% of your adjusted gross income. <https://www.irs.gov/publications/p502>.

- If you would like to speak with someone regarding your child with special health care needs, we would be happy to hear from you:
  - Lin Perry, Program Manager (607) 240-4573
- ✓ Visit our website at [www.ptopnys.org](http://www.ptopnys.org)
- ✓  [www.facebook.com/ParenttoParentNYS](https://www.facebook.com/ParenttoParentNYS)