



# DP EXPRESS

*Summer 2016*



## THE ABLE ACT

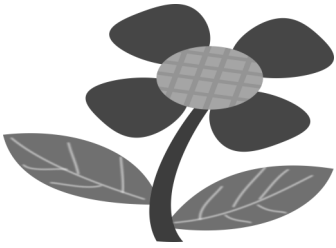
The new ABLE accounts will allow more individual choice and control over spending on qualified disability expenses and limited investment decisions, while protecting eligibility for Medicaid, Supplemental Security Income and other important federal benefits for people with disabilities. The Stephen Beck, Jr., Achieving a Better Life Experience (ABLE) Act was signed into law on December 19, 2014 after many years of advocacy and bipartisan work in both the House and Senate. Without these accounts, many people with disabilities have very limited avenues to save money and allow for further independence.

While the federal law set the framework, the NC General Assembly must create the vehicle for accounts to be made and administered at the state level. Once the state budget is passed and the Treasurer's office sets up the path to savings, North Carolinians will have access to have their own ABLE Account. Although no date has been set, NC hopes to have the ABLE saving plans available in the summer of 2016.

To be eligible to set up an ABLE account, an individual must be entitled to benefits on the basis of disability or blindness under the Supplemental Security Income (SSI) program or under the Social Security disability, retirement and survivors program or submits certification that meets the criteria for a disability certification. **An eligible individual's disability must have occurred before the age 26.**

Assets in an ABLE account and distributions from the account for qualifying expenses would be disregarded or receive special treatment when determining the beneficiary's eligibility for most federal programs. For SSI recipients, amounts up to \$100,000 will be disregarded and over \$100,000 will be counted as resources under SSI. Yearly contributions up to \$14,000 are tax free. Any person, such as a family member, friend or the person with a disability, may contribute to an ABLE account for an eligible beneficiary.

continued page 2



# DP EXPRESS



## **ABLE (continued)**

Qualifying expenses are expenses related to the person's disability, for example: education, housing, transportation, employment training & support and personal care supports.

For more information, go to websites such as [www.ndss.org](http://www.ndss.org), [www.thearc.org](http://www.thearc.org) or [www.autismsocietyofnc.org](http://www.autismsocietyofnc.org) as well as <https://www.nctreasurer.com/able/Pages/NC-ABLE-Program>. Please call DP at 828-298-1977 if you have questions about the ABLE Act.

## **DISABILITY PARTNERS' ADVISORY BOARD**

DisAbility Partners Center for Independent Living is seeking individuals to be a part of the Advisory Board. An Advisory Board is a group of people who, on a volunteer basis, can share their expertise and experience to help support and guide the Governing Board and staff. They take an active role generating thoughts and ideas in helping the organization achieve its goals and objectives. Board members past and present come from various backgrounds with a wide array of experience that contributes to the overall success of DisAbility Partners. Members can be from area agencies, from local colleges as students or from a household with a desire to make a change. Mostly though, we are seeking individuals with disabilities with the experience and knowledge to point out the needs and challenges surrounding our goals. If you are interested in taking on the role as an Advisory Board member for DisAbility Partners, please contact us at 828-298-1977 for more information or email [khollingsworth@disabilitypartners.org](mailto:khollingsworth@disabilitypartners.org).

## **CELEBRATING 26 YEARS OF THE ADA**

July 26, 2016 marks the 26th Anniversary of the Americans with Disabilities Act (ADA). The ADA is a vital piece of legislation that addresses discrimination of people with disabilities. DisAbility Partners will once again provide an ADA Celebration in July 2016. The date, time and location has not yet been determined. Stay tuned for future announcements about the ADA Celebration on our Facebook page and if you are on our email list, announcements will be sent to you. If you would like to be on either list, call us at 828-298-1977.



# DP EXPRESS



## WHEELCHAIR DANCE GROUP

Dimensions Studio of Mars Hill in conjunction with The Vanishing Wheelchair, Inc. of Asheville is offering FREE dance classes for ladies and gentlemen who are **wheelchair users** ages 13 & up beginning June 13 through July 25, 2016, Mondays - 5:30 p.m. and Fridays - 6:30 p.m. Class capacity is limited and is on a first-come-first-serve basis. Call 828-645-6115 or 989-1333 today to receive your application forms.

The Vanishing Wheelchair, Inc. is a 501(c)(3) non-profit public charity that helps people with disabilities find their passion in life and live their dreams.

## LIVING HEALTHY WITH A CHRONIC ILLNESS

The Living Healthy Chronic Disease Self-Management Program (CDSMP) is a 6-week workshop to be held at DisAbility Partners in Asheville. The class focuses on helping people with chronic disease gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Examples of chronic health problems include heart disease, lung disease, stroke, arthritis and diabetes.

The workshop sessions last 2½ hours and are highly participative. Some of the topics include:

- How to deal with frustration, tiredness and pain
- How to get better sleep
- Managing medications
- How to communicate more effectively with family and health professionals
- Healthy eating

This 6 week workshop will be held at DisAbility Partners, 108 New Leicester Hwy, Asheville on **Wednesday afternoons from 1:00-3:30 pm July 6, July 13, July 20, July 27, August 3 and August 10**. Register at 828-298-1977 if you would like to participate. The workshop is **FREE!**

More information can be found at: <http://patienteducation.stanford.edu/programs/cdsmp.html>.

**Pathways for the Future dba  
Western Alliance  
108 New Leicester Hwy  
Asheville NC 28806**



## **DISABILITY PARTNERS EXPRESS**



### **EVENTS AT DISABILITY PARTNERS**

**Friday, June 10, 2016– Credit Matters 2:00– 4:00.** Learn why good credit is important to earn, to keep and how it can save you money in the long run. The class includes credit profiles, debt management and more.

**Friday, June 10, 2016– Potluck at 4:00.** We are kicking off the summer by serving hamburgers and hotdogs! Suggested items to bring: hamburger and hotdog buns, cheese, tomatoes, onions, slaw, hot dog relish, chili, potato salad, chips, baked beans, drinks, dessert.

**Friday, July 8, 2016– Potluck at 4:00.** Make your own sub sandwich. DisAbility Partners will provide the cold cuts. Suggested items to bring: Sub rolls, tomatoes, lettuce, slice cheese, pickles, potato chips, macaroni or potato salad, drinks, dessert.

**Friday, August 12, 2016- Transportation Resource Forum.** Please attend this informative session, sharing and gathering information about transportation.

**Friday, August 12, 2016– Potluck 4:00.** Bring your favorite Veggie dish. Other items that are needed: rolls, salad, drinks, desserts.