

Saving Money

Supplemental Security Income (SSI)

Do my savings affect whether I qualify for SSI benefits?

Yes. When deciding whether you qualify for SSI benefits, the Social Security Administration (SSA) looks at your (and your spouse's) resources. (When children apply for SSI, SSA also looks at parents' resources.) Savings accounts are one type of resource that SSA counts.

How much can I have in a savings account and still get SSI?

It depends on the value of your other resources. If the value of all your countable resources is over the allowable limit, you cannot get SSI. For an individual, the limit is \$2,000. For a couple, the limit is \$3,000. For a child, some of a parent's resources count toward the child's resource limit.

Do I need to tell SSA when my savings go up or down?

Yes. Call SSA's national 800 number—1-800-772-1213 (or TTY 1-800-325-0778)—or call or visit your local field office.

What is an ABLE account and how can it help me save money?

If your disability started before you turned 46, you may be able to open an Achieving a Better Life Experience (ABLE) account. Anyone can put money into your account, up to a combined annual limit (\$20,000 in 2026). Money in an ABLE account (up to \$100,000) does not count toward SSI resource limits. You can use money in your ABLE account for "qualified disability expenses," including education, food, housing, medical bills, transportation, and job training.

What about a trust?

You might be able to save money in certain kinds of trusts (called special needs trusts or pooled trusts) and qualify for SSI. An attorney will need to set up one of these trusts.

What if I get a large lump-sum payment from SSA?

SSA will not count the payment as a resource for nine months after you get it. After that, any unspent money counts as a resource. To avoid losing SSI benefits, you can spend down the lump-sum payment or save it in an ABLE account or a specialized trust.

How can Project HEAL help?

Project HEAL (Health, Education, Advocacy, and Law), a community-based program of the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute, can help answer specific questions about saving money while applying for or receiving SSI benefits.

For more information on Project HEAL and its services, visit: KennedyKrieger.org/ProjectHEAL

To connect with Project HEAL, call **443-923-4414** or complete an [online intake form](#).

* SSA's policies may change. Contact SSA (ssa.gov) or Project HEAL for updates. *

