

# QUICK REFERENCE GUIDE

“Other people manage my money;  
I don’t know where to start.”



This quick reference guide provides information and resources to guide individuals if they experience the barrier identified in the handout.

The Americans with Disabilities Act (ADA) encourages equality of opportunity, full participation, independent living and economic self-sufficiency for people with disabilities. This includes the right for a person with a disability to learn to manage their own money, expenses and savings and make their own decisions about employment in the community.

A person with a disability has the right to earn money through a job and learn the skills to manage their own money. A person with a disability may have a family member, a representative payee or staff who support them in learning to manage their money. The skill of money management helps a person to live to their fullest level of independence.

The Workforce Innovation Opportunity Act (WIOA) and several federally-funded benefit programs, such as SNAP and Social Security, encourage people with disabilities to be informed of their right to manage their money and benefits responsibly. This includes learning to create a spending plan, have a savings plan and to make informed financial

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decisions about education, retirement, home ownership, wealth building and other savings goals. This calls for learning skills to manage spending, credit and debt, including credit card debt, effectively. It is also important to understand the availability and significance of credit reports and credit scores when obtaining credit. There are credit counselors and financial coaches who help people with disabilities learn about banking and credit services and saving money when making purchases.

Managing money effectively can help a person to reduce their use of public benefits and increase their opportunities for earning and saving more. The first step is to let people who help you know that you are interested in learning to manage your money.

Please refer to the Hands on Banking courses to begin the process of learning money management skills: [handsonbanking.org/ndi](http://handsonbanking.org/ndi).

### Tools and Resources from Hands on Banking®

- Learn more about your money: [handsonbanking.org/articles/topic/personal-finance/](http://handsonbanking.org/articles/topic/personal-finance/)

### Resources

- **ABLE National Resource Center:** Protected Savings and Investing Opportunity for some people with a disability: [www.ablenrc.org](http://www.ablenrc.org)
- **Creating a Zero-Balance Budget Plan**  
This course was created to equip individuals with multiple sclerosis (MS) and other disabilities with the tools needed to have full control over spending, and to adjust spending habits to meet decreases in earnings and/or increases in disability-related items and services: [bit.ly/2xTO6hQ](http://bit.ly/2xTO6hQ).
- **NDI Financial Wellness Webinar Series:** [bit.ly/2uWfyIA](http://bit.ly/2uWfyIA)

“I asked for help to learn how to manage my money and I am making good choices and saving for my goals!”

One in five households spends more than they earn; one-third of households say they could not come up with \$2,000 if an unexpected need arose. These households do not meet the Consumer Financial Protection Bureau (CFPB) definition of financial well-being; namely “a state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future and is able to make choices that allow them to enjoy life.” To learn more about financial well-being, go to: [bit.ly/2xzAyuf](http://bit.ly/2xzAyuf).

People with a disability are more likely to be unbanked or underbanked, less likely to have a savings account, more likely to use alternative financial services, are less likely to save for unexpected expenses and are twice as likely to have no credit. Read the report, *Banking Status and Financial Behaviors of Adults with Disabilities*: [bit.ly/2wYzb4l](http://bit.ly/2wYzb4l).

Provided to you by National Disability Institute [www.realeconomicimpact.org](http://www.realeconomicimpact.org)  
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Visit the Hands on Banking website: [handsonbanking.org/ndi](http://handsonbanking.org/ndi).