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[**Achieving a Better Life Experience \(ABLE\)**](#)

ABLE or ABLEnow is a nationally qualified ABLE savings program offered nationally by the Commonwealth of Virginia. ABLEnow accounts give qualified and enrolled individuals the opportunity to invest and grow savings tax-free, without endangering eligibility for most means-tested benefits.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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[**File for free with IRS Free File**](#)

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

Article

The Arc ~ Digital Literacy Creates Opportunities

Check out the Arc's free digital skills training for people with intellectual and developmental disabilities.

Source

[The Arc of the United States](#)

Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

Article

Job Accommodation Network (JAN) Situations and Solutions Finder

The Situations and Solutions Finder draws on information collected from JAN customers who choose to provide feedback about workplace accommodations.

Article

How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that they still reflect your wishes through various life changes including: birth or adoption, marital status change, financial change, illness or disability or death.

Source

[Today's Caregiver](#)

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