

Financial Goals for Young Adults with Disabilities

This resource is for use outside the classroom and may be used with the support of family members and caregivers.

This resource is designed to equip young adults with disabilities with the knowledge and skills to set and achieve financial goals for their independent and inclusive financial engagement in the community.

This resource is formatted for easy reading. It includes strategies, activities, links to resources on financial literacy, community connections, and a glossary of financial terms.

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 <p>Created by popcornarts from Noun Project</p>	<p>Definition</p> <p>A Financial Goal is the money target you wish to achieve in a specific time.</p>
 <p>Created by jk Lim from Noun Project</p>	<p>Example</p> <p>Short-term goals such as saving for a vacation or building an emergency fund can take one to three years to achieve.</p>
 <p>Created by Sunrise from Noun Project</p>	<p>Example</p> <p>Long-term goals like saving for college and investing in a retirement fund can take four or more years to achieve.</p>
 <p>Created by monibag from Noun Project</p>	<p>Summary</p> <p>Financial goals can help shape your future by allowing you to identify, plan, and act on what you value and want to achieve with your money.</p>

 <p>Created by Arif Haryanto from Noun Project</p>	<p>Strategies to make financial goals</p> <p>Identify what you value and want to achieve Create specific and measurable goals Allocate money for each goal Set a timeline for achieving each goal</p>
 <p>Created by Good Wife from Noun Project</p>	<p>Example</p> <p>I will deposit \$10 weekly into a savings account.</p>
 <p>Created by Ben Iconator from Noun Project</p>	<p>Example</p> <p>I will contribute \$1000 annually to an ABL account.</p>
 <p>Created by Bold Yellow from Noun Project</p>	<p>Activity</p> <p>Create a short-term financial goal. Create a long-term financial goal.</p>

Financial Goals Resource Links:

YouTube

Money Instructor 3.37 minutes

How to balance short-term vs. long-term financial goals:

<https://www.youtube.com/watch?v=jLojCtQPmbk>

Bank of America

Better Money Habits

<https://bettermoneyhabits.bankofamerica.com/en>

Consumer Financial Protection Bureau

Setting SMART goals tools:

https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_SMART-goals_tool_2018-11.pdf

Putting goals into action:

https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_goals-action_tool_2018-11.pdf

Your Money, Your Goals

https://files.consumerfinance.gov/f/documents/cfpb_your-money-your-goals_financial-empowerment_toolkit.pdf

National Disability Institute

STAR Goal Setting Worksheet:

<https://www.nationaldisabilityinstitute.org/wp-content/uploads/2021/04/star-goal-setting-worksheet-ndi-tool.pdf>

Community Connections:

Virginia Department for Aging and Rehabilitative Services

Finances:

<https://easyaccess.virginia.gov/finances>

disAbility Law Center of Virginia

Coming of Age information for youth and young adults:

<https://www.dlcva.org/coa>

Glossary Financial Terms:

Consumer Financial Protection Bureau:

<https://www.consumerfinance.gov/consumer-tools/educator-tools/youth-financial-education/glossary/>