



Money Management Literature, Guides, and Worksheets				
Organization	Service Description	Address	Phone Number	Website
Autism at-a-glance	Article titled 'Money Management for Young Adults with Autism' Article discusses the importance of money management, setting up a back account, budgeting, and how families can help.	n/a	n/a	https://csefa.fpg.unc.edu/sites/csefa.fpg.unc.edu/files/resources/Money%20Management%20for%20Young%20Adults%20with%20Autism.pdf
Autism Awareness Centre Inc.	Article titled 'How to Teach Money Management for Independent Living with Autism' provides tips on how to show your child about using money. Examples include having your child pay for items at a store, giving the child an allowance, helping them save money, and setting up a bank account.	n/a	1-866-724-2224	https://autismawarenesscentre.com/how-to-teach-money-management-for-independent-living-with-autism/
Autism Spectrum News	Article titled ' 10 Strategies to Teach Your Autistic Child About Money'	n/a	n/a	https://autismspectrumnews.org/10-strategies-to-teach-your-autistic-child-about-money/
ConsumerAction	Agency has created an informative guide about money management. Guide contains fill in the blank worksheets to help individuals reinforce what they've learned. Guide contains information on needs versus wants, setting financial goals, understanding net worth, understanding credit, budgeting, tracking expenses and much more.	n/a	n/a	https://www.consumeraction.org/downloads/outreach/Managing_Your_Money_Worksheet.pdf

NerdWallet	Offers a free downloadable spreadsheet to show individuals how their monthly expenses add up on a spreadsheet.	n/a	n/a	https://www.nerdwallet.com/article/finance/free-budget-spreadsheets-templates
Pennsylvania Assistive Technology Foundation (PATF)	Provided is a financial education booklet titled 'Cents and Sensibility: A guide to money management for people with disabilities' which provides information and activity worksheets to assist individuals with understanding how to save a personal budget, budget for expenses, save, borrowing money and much more.	n/a	n/a	https://fliconline.org/documents/patffinancial-educationbooklet-final.pdf
RDIconnect	Article titled 'Preparing Autistic Teens for Adulthood: Money Management'. Provides 5 helpful tips to teach your child about managing money.	n/a	n/a	https://www.rdiconnect.com/preparing-autistic-teens-for-adulthood-money-management/
FREE Money Management Apps for Financial Stability				
Organization	Service Description	Address	Phone Number	Website
Autism Speaks	Autism Speaks Special Needs Financial Planner is a FREE app created to help individuals find information on financial resources and has tools that individuals can use to try and plan a secure financial future. There are planning tools, information about state/benefits programs, ABLE accounts, and links to local professionals who can help individuals along. FREE	n/a	1-888-288-4762	https://itunes.apple.com/us/app/autism-speaks-special-needs-financial-planner/id1236967393?mt=8
Credit Karma	Allows individuals to track their credit score, receive updates and notifications. This is FREE and should not ask for credit card information. Checking your own credit won't affect your credit score.	n/a	n/a	https://itunes.apple.com/us/app/credit-karma-credit-scores-reports-alerts/id519817714?mt=8

Daily Budget Original	The app will calculate your "daily budget" based on an individual's income and fixed costs. Individuals can create saving goals to be used towards larger purchases and the money will be deducted from your budget automatically each day. FREE	n/a	n/a	https://apps.apple.com/us/app/daily-budget-original-saving-is-fun/id651896614
Every Dollar	This financial planning app allows individuals with autism to budget and financially plan based on their personal income. Personal bank accounts can be linked to this app in order to log and track purchases.	n/a	n/a	https://apps.apple.com/us/app/everydollar-budget-manage-money-track-spending/id942571931
Goodbudget Budget Planner	Goodbudget is a personal finance app for budget planning and money management. This app can be shared amongst multiple devices. Individuals with autism can create personalized budgets and learn skills for financial planning such as income vs expense reports, scheduling transactions and record keeping. FREE	n/a	n/a	https://itunes.apple.com/us/app/goodbudget-budget-planner-money-expense-tracker/id471112395?mt=8
Mint	App puts bills and money together in one place and makes it easier to manage. Individuals can receive alerts, set goals and schedule payments. FREE	n/a	n/a	https://apps.apple.com/us/app/mint-personal-finance-budget-bills-money/id300238550
Spendee	Allows individuals with autism to budget and set financial goals. The app can be linked to online banking or E-wallets or crypto wallets in order to see their own wealth in one place. Individuals can view their finances in colored infographics and track your spending. FREE	n/a	n/a	https://apps.apple.com/us/app/spendee-budgeting-app-money-expense-tracker/id635861140
Money Management- through your child's IEP				
Organization	Service Description	Address	Phone Number	Website

Connecticut State Dept. of Education (CSDE)	Learn about Transition Planning and specifically designed instruction to support independent living skills. Independent living skills can include financial management, identifying financial assistance in the form of indentifying state/federal benefits (SSI, SSDI, Title XIX, etc), and much more. Review the Connecticut IEP Manual found on the CSDE website. You can refer to section 3: Present Levels of Academic Achievement and Functional Performance and section 6: Transition Planning.	450 Columbus Boulevard Hartford, CT 06103	860-713-6543	https://portal.ct.gov/SD/E/Special-Education/Connecticut-IEP-Manual
A Day in Our Shoes by Lisa Lightner	Article titled '55 Functional Money Skills and IEP Goals'. Provides information about the importance of money skills, incorporating functional money skills as an independent living skill within an IEP, and tips on how to teach money skills for parents. Included is a template that can be used by parents to present the PPT team an IEP Money Goal formula which set an objective, goal and timeline.	n/a	n/a	https://adayinourshoes.com/money-skills-iep-goal/
EP Magazine	Article titled 'Writing IEP Goals for Functional Money Skills at Any Age'. Provides information about what Individualized Education Plan (IEP) goals could consist of which include: planning and budgeting, paying for service, saving money, and balancing a bank account.	n/a	n/a	https://www.epmagazine.com/blog/writing-iep-goals-for-functional-money-skills-at-any-age
WrightsLaw	Article titled 'What You Need to Know About IDEA & IEPs: Present Levels of Functional Performance & Functional Goals in IEPs	n/a	n/a	https://www.wrightslaw.com/howey/iep.functional.perf.htm
Financial Literacy Classes/Workshops				
Organization	Service Description	Address	Phone Number	Website
Community Action Agency of New Haven	Is one of the community Financial Opportunity Centers located across the state which offer low-to-moderate income households build smart money habits through three core services: Employment and career planning assistance, Financial education and coaching, Screening for public benefit eligibility.	419 Whalley Avenue, New Haven, CT 06511	203-387-7700	http://www.caanh.net/

Community Action Agency of New Haven	<p>Single Mothers Actively Reaching the Top (S.M.A.R.T) is an 8-9 week program for single mothers designed to provide a resource network, financial management training, women's health, parent/life skills information/referrals, and case management. The focus is to help single women be self-sufficient.</p>	<p>419 Whalley Avenue, New Haven, CT 06511</p>	<p>203-387-7700</p>	<p>https://www.caanh.net/smart</p>
Communtiy Renewal Team	<p>14 week intensive course provides insight to financial fitness in the areas of budgeting and savings, establishing and rebuilding credit, investing, dealing with financial stress of underemployment and/or unemployment, protecting yourself and assets through insurance, and much more.</p>	<p>330 Market Street, Hartford, CT 06120</p>	<p>860-560-4210</p>	<p>http://www.crtct.org/</p>
CT Association For Human Services	<p>The CT Money School provides financial capability workshops for individuals and families across the state of Connecticut. The programs serves individuals ages 16-24. These are FREE interactive workshops.</p>	<p>110 Bartholomew Avenue, Suite 4020, Hartford, CT 06106</p>	<p>860-951-2212</p>	<p>https://www.cahs.org/cms.html</p>
CT United Way	<p>Connecticut United Way in partnership with Neighborhood Trust Financial Partners, offer FREE financial coaching online or via phone call for Connecticut Residents. TrustPlus coaches can assist with challenges dealing with creditors, setting a buget, building a savings, and more.</p>	<p>n/a</p>	<p>1-645-349-5959</p>	<p>https://www.ctalicesaves.org/</p>
Human Resource Agency	<p>Offers basic 12-session financial literacy series for individuals who want to learn how to manage money through the Federal Deposit Insurance Corporation (FDIC) workshop. Workshops are offered at various locations and times. Series is offered free of charge to residents earning under 80% of the local median household income. Learn how to avoid foreclosure, building and restoring credit, open bank accounts, buying life insurance, and much more.</p>	<p>336 Arch Street, New Britain CT 06051</p>	<p>860-826-2278</p>	<p>http://www.hranbct.org/</p>

<p>Human Resource Agency</p>	<p>Offers financial counseling/coaching to assist individuals with stabilizing finances, rebuilding credit, and establish savings. One-on-one or group sessions available. A comprehensive analysis and assessment of your current financial status is performed along with a personalized action plan is developed to include your goals, follow-up activities and timelines. Budget sheets are developed. These services are FREE of charge to any individual residing in the 50 towns within the Greater Hartford-West Hartford, East Hartford area.</p>	<p>336 Arch Street, New Britain CT 06051</p>	<p>860-826-2278</p>	<p>http://www.hranbct.org/</p>
<p>Local Initiatives Support Corporation (LISC)</p>	<p>Financial Opportunity Centers located across the state which offer low-to-moderate income households build smart money habits through three core services: Employment and career planning assistance, Financial education and coaching, Screening for public benefit eligibility. Site partners include the following sites: Community Action Agency of New Haven Human Resources Agency of New Britain Naugatuck Valley Community College Open Doors, Norwalk Person to Person, Darien Urban League of Greater Hartford The Village for Families and Children</p>	<p>locations vary</p>	<p>860-525-4821</p>	<p>https://www.lisc.org/connecticut-statewide/our-priorities/community-economic-development/financial-opportunity-centers/</p>
<p>TBICO</p>	<p>Agency offers assistance with helping individuals sustain self-sufficiency through employment, financial literacy and stable housing.</p>	<p>6 Finance Drive Danbury CT 06810</p>	<p>203-743-6695</p>	<p>http://www.tbicoworks.org/</p>

Family Resource Centers, State Dept. of Education	<p>The FRC program is a school-based initiative implemented in 62 schools throughout the state. The initiative includes the use of early childhood education, child care, adult education, provider trainings, and family support services just to name a few. Some locations may offer financial literacy courses for parent of children ages 5 and younger. Child care may be provided for free. Visit the website to find a family resource center close to you.</p>	<p>locations vary, 62 FRC throughout Connecticut</p>	<p>860-807-2058</p>	<p>https://portal.ct.gov/SD/E/FRC/Family-Resource-Centers</p>
University of CT (Uconn)	<p>Welcome to the Real World Program at Uconn simulation gives young people the opportunity to try life as single young adults. Individuals will select careers, find their starting salaries along with estimated taxes, make spending decisions, and learn to live within their incomes. They also learn to save and handle unexpected expenses. Earning, saving, spending, and borrowing and financial responsibility are some of the topics addressed</p>	<p>various locations</p>	<p>860-486-2000</p>	<p>https://financialliteracy.uconn.edu/helping-young-adults-and-youth-gain-financial-knowledge/</p>
University of CT (Uconn)-Extension Program	<p>Workshops are held for social service agencies, volunteers and members of the general public related to financial literacy including but not limited to budgeting, teaching children about money, spending, saving, credit and much more.</p>	<p>various locations</p>	<p>860-486-2000</p>	<p>https://cahr.uconn.edu/extension/</p>
United Way of Central and Northeastern CT	<p>Provides financial workshops to assist individuals determine financial goals, begin tracking expenses, develop a budget, review credit report, and develop an individualized action plan. FREE</p>	<p>30 Laurel Street, Hartford, CT 06106</p>	<p>860-493-6824</p>	<p>https://unitedwayinc.org/resources/for-individuals/budget-coaching/</p>
Urban League of Greater Hartford	<p>Offers programs to assist with career development, post-secondary education preparedness, and workforce development skills. Include financial literacy programs.</p>	<p>140 Woodland Street, Hartford, CT</p>	<p>860-527-0147</p>	
United Way of Western CT	<p>Provides financial workshops to assist individuals determine financial goals, begin tracking expenses, develop a budget, review credit report, and develop an individualized action plan. FREE</p>	<p>301 Main Street, Suite 2-5, Danbury, CT 06810</p>	<p>203-297-6674</p>	<p>http://www.uwwesternct.org/</p>

Women and Family Center	Individuals can meet with a financial coach who will work with you to develop an action plan. Includes budgeting, divorce, finances, debt, death claims paperwork and more.	96 Fair Street, Guilford, CT 06437	203-458-6699	http://www.womenandfamilylife.org/
ABLE Accounts				
Organization	Service Description	Address	Phone Number	Website
ABLE CT	ABLE accounts are tax advantaged savings accounts that can be used to fund disability related expenses while allowing individuals to be eligible for certain state/federal benefits. To learn how to open an ABLE account in CT, please visit the website.	920 Main Street, Suite 900, Kansas City, MO 64105	1-888-609-3268	https://savewithable.com/ct/home.html
ABLE National Resource Center	View webinar archives that provide information and guidance on a variety of topics for individuals interested in opening an ABLE account including but not limited to tax advantages, ABLE accounts and SSA work incentives, opening an account, myths and facts, and much more to name a few.	1667 K Street, NW Suite 480 Washington, DC 20006	n/a	https://www.ablenrc.org/webinar-archives-list/

Reviewed
8/28/2023
Nate C