Explore Ways to Leave a Legacy

MDA® Muscular Dystrophy Association

Your values. Your loved ones. Your lasting impact.



You don't need to be wealthy to make a meaningful legacy gift.

Many planned gifts cost nothing to make and can help ensure future generations living with neuromuscular disease continue to benefit from research breakthroughs, life-changing care, and family support.

Whether you're creating your first estate plan or updating an existing one, here are several ways you can leave a lasting legacy.

Ways You Can Give

1. Leave a Gift in Your Will or Trust

The simplest and most popular way to make a lasting difference.

You can designate:

- A specific dollar amount
- A percentage of your estate
- The remainder after loved ones are provided for

2. Name MDA as a Beneficiary

Beneficiary designations are an easy way to make a future gift without changing your will.

You can name MDA as a beneficiary of:

- IRA or retirement accounts
- 401(k), 403(b), or pension plans
- Life insurance policies
- Bank or investment accounts (where available)

3. Create a Legacy with Your Retirement Assets

Retirement accounts can be among the most tax-efficient assets to leave to charity.

By naming MDA as a beneficiary, you may reduce taxes for your heirs while making a powerful future impact.

4. Donate Appreciated Securities

Stocks, mutual funds, or other appreciated assets may provide tax advantages while helping advance MDA's mission.

5. Use Your Donor-Advised Fund

Many donors recommend grants from their Donor-Advised Fund during their lifetime.

Some sponsoring organizations also allow you to recommend that remaining funds be distributed to charitable organizations after your lifetime.

(Check with your DAF administrator.)

6. Give Real Estate or Other Property

A gift of real estate, farmland, vacation property, or other appreciated assets may create significant charitable impact while offering potential tax benefits.

7. Charitable Gift Annuities & Charitable Trusts

For some donors, these gifts can provide:

- ✔ Lifetime income
- ✔ Tax advantages
- ✔ A future gift supporting MDA

These options are worth discussing with your professional advisor.

You don't have to be wealthy to leave a legacy.

Every gift—large or small—can create a lasting impact for families living with neuromuscular disease.

Every Legacy Looks Different

Some donors choose to support:

Research · Summer Camp · Family Support Programs · Care Centers · Medical Equipment · Or MDA's mission wherever the need is greatest

You Don't Have to Decide Today

Planning your legacy is a personal journey.

We're happy to answer questions, provide sample language, or work alongside your attorney or financial advisor—without obligation.



Let's Start the Conversation

Kathleen Riordan
Manager, Planned Giving
Muscular Dystrophy Association

kriordan@mdausa.org
312-269-5936
mdalegacy.org

Learn more about leaving your legacy.

mdalegacy.org

Together, we can create a legacy of hope for families living with neuromuscular disease.