

FACTSHEET 7

Energy Advice for Families and Carers Supporting Someone with Spinal Cord Injury



For households affected by spinal cord injury, higher energy use is often unavoidable. The focus should be on:

- ✓ Maintaining a safe and comfortable home
- ✓ Improving energy efficiency where possible
- ✓ Accessing financial support and specialist advice



With the right combination of practical changes and external support, it is possible to better manage energy costs without compromising health or independence.



Family members and carers often play an important role in managing the home environment, equipment, and energy costs associated with spinal cord injury. Increased energy use is frequently linked to essential care and support needs and should not be viewed as unnecessary.



Carers and families can focus on practical steps that reduce wasted energy, maintain comfort and safety, and ensure the right support is in place when it's needed.

1 Understanding higher household energy use

- Additional laundry and cleaning may be required
- Heating may need to remain on for longer periods
- Electrical equipment may need regular charging or continuous use
- More time may be spent at home due to care or mobility needs

2 Supporting energy efficiency at home

- Focus on reducing wasted energy rather than limiting essential use
- Use heating timers and thermostats to maintain stable temperatures
- Encourage good insulation and draught-proofing throughout the home
- Replace older bulbs and appliances with energy-efficient alternatives where possible

3 Managing bills and support

- Keep copies of energy bills and records of equipment use
- Speak to suppliers early if costs become difficult to manage
- Check eligibility for grants, benefits, or supplier support schemes
- Register the household for the Priority Services Register (PSR) where appropriate

4 Supporting wellbeing and comfort

- Remember that warmth, cooling, and equipment use may be medically important
- Avoid pressuring the person with spinal cord injury to reduce essential heating or electricity use
- Build energy-saving habits around the household routine in ways that maintain independence and dignity



Caring for someone with spinal cord injury can place additional financial pressure on households. Seeking advice and support early can help families manage costs more effectively while maintaining a safe and comfortable home environment.



Further Support

Contact Back Up's Energy Advisor on energy@backuptrust.org.uk or visit our website www.backuptrust.org.uk/energy.

Our advisor can discuss the challenges you are facing and offer advice, support and onward referrals to other organisations where appropriate.



Other Organisations

Energy Saving Trust — www.energysavingtrust.org.uk

Scope — free disability energy advice service — www.scope.org.uk

Citizens Advice — support with billing, disputes, and energy rights — www.citizensadvice.org.uk

Turn2us — tools to find grants and check benefit eligibility — www.turn2us.org.uk

Carers UK — advice and support for unpaid carers — www.carersuk.org

National Energy Action — expert help for households struggling with energy costs — www.nea.org.uk