

FACTSHEET 2

Everyday Energy Saving for Households Affected by Spinal Cord Injury



For people living with 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.

1 Simple everyday actions

- Turn appliances off at the wall rather than leaving them on standby
- Wash less soiled clothes at 30°C, which uses significantly less energy than higher temperatures
- Always run washing machines and dishwashers with full loads
- Air dry clothes where possible instead of using a tumble dryer*

**Avoid air drying clothes indoors where ventilation is poor or where people in your household or the environment may be affected by moisture or humid conditions.*

2 Lighting and electricity use

- Replace all bulbs with LED lighting, which uses far less electricity and lasts longer
- Switch off lights when leaving a room, where practical
- Use task lighting (e.g. a lamp) instead of lighting whole rooms unnecessarily

3 Specific considerations for those living with spinal cord injury

- Continue to use essential medical and mobility equipment as needed for your health, safety, and independence, even when trying to reduce energy use.
- Build energy-saving habits around your daily routine and care schedule (where relevant)
- Use eco or energy-saving settings on appliances where appropriate

4 Kitchen and hot water tips

- Only boil the amount of water you need in a kettle
- Use lids on pans to reduce cooking time
- If safe and practical, reduce hot water temperature slightly

“ These small adjustments can help reduce bills while maintaining comfort, independence, and safety. ”



Further Support

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