

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

- Do not turn off or limit use of essential medical or mobility equipment
- 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



Other Organisations