

## FACTSHEET 3

# Managing Higher Energy Needs for People 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 Understanding higher energy use

Many people living with spinal cord injury experience higher energy bills due to essential daily needs. These are not optional and should never be reduced at the expense of health or wellbeing.

 It is important to recognise that this level of energy use is necessary and justified.

### 2 Common contributors to higher energy use

- Charging powered wheelchairs or mobility aids
- Running hoists, adjustable beds, or pressure care equipment
- Increased laundry due to care needs
- Longer heating periods due to reduced mobility or circulation

### 3 Managing higher usage effectively

- Focus on reducing wasted energy rather than essential use
- Improve insulation so heat is retained for longer
- Use heating controls (timers, thermostats, zoning) to avoid unnecessary heating
- Replace older appliances with energy-efficient models when possible

### 4 Monitoring and evidence

Keeping a simple record of:

- Equipment usage
  - Heating requirements
  - Changes in energy bills
- can be helpful when applying for grants, support schemes, or supplier assistance.

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Necessary energy use should never be cut at the expense of health. The aim is to reduce waste, improve efficiency, and build evidence when seeking support.



#### Further Support

Contact Back Up's Energy Advisor on [energy@backuptrust.org.uk](mailto:energy@backuptrust.org.uk) or visit [www.backuptrust.org.uk/energy](http://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](http://www.energysavingtrust.org.uk)

**Scope** — free disability energy advice service — [www.scope.org.uk](http://www.scope.org.uk)

**Citizens Advice** — support with billing, disputes, and energy rights — [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Turn2us** — tools to find grants and check benefit eligibility — [www.turn2us.org.uk](http://www.turn2us.org.uk)