



**Disability
Equality
Scotland**

Our Big Cost of Living Survey Report



About this document



This is an Easy Read document.



It is a **report**.

A **report** tells us what was found out about something.



This report tells us what we found out when we asked our disabled members about their costs for day to day life.



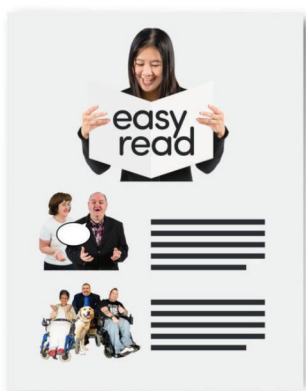
The costs we have to pay for day to day things like food, heating and travel are also called the **cost of living**.



The first part of this document is an introduction from our Chief Executive Officer Lyn Pornaro.



The second part of this document is what we found out.



There is also another Easy Read document with a list of the things that we believe need to happen next.

Introduction by Lyn Pornaro



Disabled people in Scotland and the UK have been unfairly affected by:

- some services being stopped
- some **benefits** being stopped
- less money for funding
- the Covid 19 pandemic



Benefits mean money that is paid to people who need it.



Disabled people have been forgotten about by the Scottish Government and the UK Government.



Some disabled people are telling us that they cannot afford to:

- buy food and
- keep their home warm and
- use their **independent living equipment**



Independent living equipment means all the things that help disabled people to live safely and comfortably.

For example:

- bath lifts
- mobility scooters
- flashing doorbells



It is not a good time to be a disabled person in the UK.



We wanted to find out what it is like to live as a disabled person in Scotland in 2025.



We made a set of questions called a **survey..**

We shared the survey with our members.



We collected people's answers.
This report will tell you what we found out.

What we found out

Some of the things that make life harder for disabled people are:



- how services, like health care, are organised



- the buildings, roads and paths they use



- people's attitudes to disability



- the COVID 19 pandemic



- the **cost of living crisis** – this means the ways that so many bills have gone up at the same time



We wanted to find out how the cost of living crisis affects disabled people's:

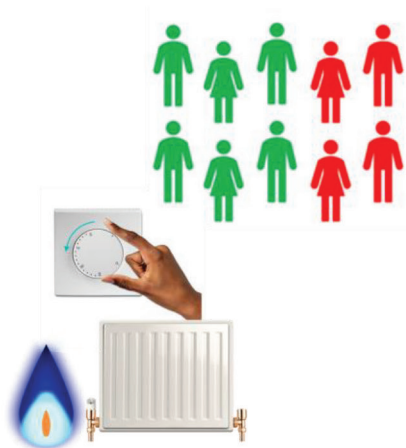
- household finances
- travel
- housing
- work and education



We found out these important thing



- 4 out of every 10 people who answered said it now costs a lot of money to run their independent living equipment



- 6 out of every 10 people said they have to spend 20 percent of their income on gas and electricity – this is called **extreme fuel poverty**



- 3 out of every 10 people said they have to choose whether to spend their money on their energy bill or their independent living equipment because they cannot pay for both



- 4 out of every 10 people said they have had to use their savings to pay for their rent or mortgage



- 3 out of every 10 people said they had thought about moving house because of their bills



- 2 out of every 10 people said their home did not meet their needs – this means not having the right layout or equipment that they need



- 5 out of every 10 people said they need an adapted kitchen but do not have one



- 4 out of every 10 people said they need an **adapted** bathroom but do not have one

In this document, **adapted** means having design changes like:



- wider doorways
- lower sinks and worktops
- adding a bath lift or level-access shower
- non-slip flooring
- taps and switches that are easier to turn or press

Some of the things disabled people told us



One person told us that they have stopped paying to get their independent living equipment safety checked because they need to save money.



They also said they have stopped going out as much as they once did, to save money on charging their power wheelchair.



One disabled person told us that they have turned down their heating and they are wearing extra clothes.

This is because they stopped getting the Winter Fuel Payment.



One disabled person told us that it is nearly impossible for them to travel by train because so many train stations are not accessible to them.

More information



People's answers told us that disabled people are more likely to have long term money challenges – like less savings, less income and the stress of money worries.



There are other problems, like:

- not enough rules to make energy bills fairer
- social security payments not paying enough
- **the housing emergency** – this means that many people in Scotland are struggling to find safe, affordable and suitable homes



This means that disabled people are finding it harder than ever to live well with as much independence as possible.

They are having to choose between:



- living independently
- staying alive
- paying their bills

We are calling it a **cost of independence crisis**.



It is not fair.

