**Position Statement**

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**Cost of Living**

The cost of living crisis is having a disproportionate effect on people with learning disabilities. This is because there are additional costs and barriers to being disabled.

The knock on effect of food, petrol and energy price rises affect most people. We are not only effected directly in the same way by those costs rises. They have a much wider impact on our care and support costs too. Big rises in care and transport costs mean that we do not have the support we need, we become isolated and cannot be active in our communities.

Here are some examples of how we are affected by a cost of living crisis:

We cannot afford the basic food and essential goods we need.

“My support worker told me to put shopping back on the shelf because I don’t have enough money”.

Some of us who live in our own homes will not put the heating on during the cold months because we do not have enough money to pay electric bills.

“ I won’t be putting the heating on this winter. I can’t afford it”

Some of us may stop using essential electrical items because we do not have enough money to pay electric bills.

“I’ve turned my freezer off because I can’t afford to run it”

Our family and friends do not visit us as much as they used to and we can’t visit them because the cost of travel is so high on top of other cot rises.

Many of us live in rural areas or areas where public transport stops early or does not run very often. The cost of living crisis means that we cannot afford to use taxis. These transport problems mean that we can often be isolated and excluded from accessing the wider community.

Our social care bills are rising, and we cannot afford the support that we need. When contractors increase their prices the local authorities are passing on those increases to us. This is not fair and is an added cost on disability.

**Our calls:**

Welsh Government to give more financial help to people with learning disabilities who are experiencing hardship.

Welsh Government to make sure that help with the cost of living is easy to understand and access for people with learning disabilities.

Welsh Government to call on UK Government to improve our PIP benefit.

Welsh Government to deliver a quality, regular and reliable public transport system throughout Wales.

Stop the rising costs of social care being passed on to us as users of those services.

**NOTHING ABOUT US WITHOUT US!**

Tracy Austin, Chair of the All Wales People First, National Council

In consultation with the All Wales People National Council.