

### **Anonymous 3 – 16<sup>th</sup> August 2022**

Not enough help with “colts” for people living alone, especially older disabled people like myself. I am 60 years old on l.t.l.a. topped up with Income Support, housebound and as such, use extra electricity. I can't remember the last time my oven was switched on for a Hot meal. I've had to reduce the number of showers I take, as sometimes it takes up to half an hour with the help of a carer, which is very expensive and I have a partial incontinence problem . Whilst the £40 a month is very gratefully received, I think it should be a greater amount for people living alone. It costs the same amount of electricity to cook a meal for 5 people as it does for one, yet a family of five get an extra £200 through colts compared to a single person getting £40. It just doesn't add up. It's a well known fact that it's more expensive to shop for one!

Like I say, I am grateful for the extra support, but I get impairment payments for my various disabilities, but those payments haven't increased and I need to spend more on fuel for my carer to take me to all my various medical appointments. I have had to pay my carer more money to keep her, as she is also suffering through the cost of living crisis. Carers, good decent ones are VERY hard to find and I don't intend to lose mine even if I have to go without food etc. I need a large amount of Tena sanitary products etc. which the prices have gone through the roof. These are just SOME of the problems I have personally been faced with so far this year and I am terrified for the upcoming winter, and I know there are people much worse off than me. I just thank god that I live in an Andium property and don't have the added worry of the private rental sector! Please, please try to look at this again.