



	<h2>Stacked Against Us</h2> <h3>Disabled people's poverty and the cost-of-living crisis</h3>
	<p>Inclusion Scotland had a conference called Stacked Against Us.</p>
	<p>It was about poverty and disabled people.</p> <p>Things cost more money than they did last year.</p>
	<p>Not everyone can afford to buy the things they need.</p> <p>This is called the 'cost-of-living' crisis.</p>
	<p>This is the report about what was said at the conference.</p>

	<p>Disabled people said what changes need to be made.</p>
	<p>Disabled people lived in poverty before the cost-of-living crisis.</p> <p>Disabled people have less money than other people.</p>
	<p>Disabled people have to pay extra for things.</p> <p>We spend more than £500 extra every month.</p>
	<p>People who make decisions do not understand how hard it is for disabled people who are women or are black.</p>
	<p>Because of the crisis we are ill, lonely and worried. Some disabled people will end up stuck in hospital.</p>



## What changes are needed

Disabled people must be asked about the changes.

Disabled people say 'Nothing about us without us'



The Scottish Government  
Riaghaltas na h-Alba



The Scottish Government should make a plan to stop people falling into poverty.

They should help people get out of poverty.



All the changes made must include our human rights.



Disabled people should be given cash.

This is better than things like training.



People who provide public services should learn about disability.



**Money from benefits**  
Help for benefits is a human right.

They are not a 'handout'.



Benefits do not pay enough money to live on.

Benefits should pay more money.

People should get an extra payment now to help with the cost-of-living.



Not every disabled person who needs benefits can get them.

It should be easier to get benefits.

	<p><b>Work</b></p> <p>It is harder for disabled people to get a job.</p> <p>Disabled people get paid less than other people.</p>
	<p>The Scottish Government made a plan. It is called the Fair Work Action Plan.</p>
	<p>The Scottish Government must work to make sure that disabled people can get jobs.</p>
	<p><b>Energy. This is things like gas, oil and electricity</b></p> <p>Disabled people need to use more energy than other people.</p>
	<p>We have extra washing.</p>

	<p>We need more energy for the equipment we need to live like hoists or oxygen machines.</p>
	<p>The Scottish Government should help people to pay for extra energy they need.</p>
	<p>We need to keep warm to help with our health conditions.</p>
	<p>Learning disabled people said they are scared to turn on the heating.</p> <p>Disabled people are becoming ill.</p>
	<p>There is some help available to make houses warmer.</p>

  	<p>But it does not work for every type of house.</p> <p>The Scottish Government should sort this.</p>
	<p>Disabled people who live in the countryside might have to pay for oil which costs a lot of money.</p>
 	<p>The Scottish Government should help them pay for the extra costs.</p>
   	<p>Companies which give us energy do not help us. It is hard to deal with them.</p> <p>Energy companies must support us.</p> <p>They should be fined if they do not help us.</p>



## Social Care Support like personal assistants

Disabled people need social care support.

This helps us to live our lives and make our own choices.



**Self Directed Support**  
My Support My Choice

Disabled people do not get all the social care support they need.

The Scottish Government should make sure that people get the support they need called 'self-directed support'.



**ilf** Independent Living Fund Scotland



They should open the Independent Living Fund so disabled people can get more money.



	<p>Disabled people have to pay for the social care support they get. Local authorities should stop making people pay for support.</p>
	<p><b>Health</b></p> <p>The cost-of-living crisis is making disabled people ill.</p>
	<p>We are cold, hungry and lonely.</p> <p>We do not get the help we need from doctors and the National Health Service.</p>
	<p>There are queues to get help.</p> <p>Disabled people should be a priority to get help so that our conditions do not get worse.</p>

	<p>Our mental health is getting worse.</p> <p>The Scottish Government should make sure that disabled people can get help with our mental health.</p>
	<p><b>Equipment and digital access (computers)</b></p> <p>Disabled people need to help to learn how to use computers and the internet.</p> <p>This helps with learning and work and having friends.</p>
	<p>Training for computers and the internet is not set up for disabled people.</p> <p>The Scottish Government and others must make sure that training helps disabled people.</p>

   <p>The Scottish Government Riaghaltas na h-Alba</p> 	<p>It costs a lot of money to buy a computer and have the internet at home.</p> <p>The Scottish Government should help to pay for computers and internet.</p>
   <p>The Scottish Government Riaghaltas na h-Alba</p>  	<p><b>A house to live in</b></p> <p>Scotland does not have enough accessible houses for disabled people.</p> <p>The Scottish Government and housing associations should build more accessible houses.</p> <p>These need to be houses people can afford to pay for.</p>
 	<p>Disabled people told us about problems with mould.</p> <p>Houses should be warm and dry.</p>



The Scottish Government should spend more money so that houses are warm and dry.



### Debt and savings

Disabled people do not have a lot of savings.



Disabled people are using up their savings to pay for things because prices are going up.



Disabled people are getting into debt.



This means they have borrowed money they have to pay back.

They might not be able to pay it back.



Disabled people's debts should be stopped.



We should not have to pay back the money for services like Social Care Support or the Council Tax



## Food

The price of food has gone up.

A lot of disabled people have to use food banks. Food banks must be accessible for disabled people.

Food banks need to have the right food for disabled people who need special diets.



Disabled people who live in the country cannot travel to big supermarkets.



They have to use small expensive shops.



It is hard to get a supermarket delivery to your house.



### Getting advice and support

It is hard to find the right advice and support.

Some organisations that give advice do not understand disabled people's lives.



They give the wrong advice.

They must make sure they understand about disabled people's lives and give the right advice.



Disabled People's Organisations can help disabled people.



Disabled People's Organisations cannot get all the funding they need to help more disabled people.

People who give out funding should give money to Disabled People's Organisations.



Organisations that give advice must make it easy for disabled people to understand.

They must offer British Sign Language.



### **Nothing About Us Without Us**

The changes we are asking for need to happen quickly.

Disabled people need to be involved in making decisions.



Disabled people are stronger together.



## About Inclusion Scotland

Inclusion Scotland believes in the social model of disability.



We are not disabled because we have an impairment.



We are disabled because of the way society is.



Disabled people have rights. We have rights to be included.



Inclusion Scotland tells people who make decisions to include disabled people.



Inclusion Scotland helps disabled people to be decision makers.

Inclusion Scotland tells people about what life is like for disabled people.





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