

Cost of Living: Disabled People and Those with a Long-Term Condition

Our data found that disabled people were struggling more with the rising cost of living, with their access to healthcare and physical and mental health disproportionately impacted in particular.

Finances

 Disabled people were **twice** as likely to not have enough money for basic necessities at **22%** compared to the 11% average.



72% of disabled people have reduced the amount of food they eat or purchased cheaper types of food compared to the 61% average.

Access to Healthcare



62% of disabled people and **55%** of people with a long-term condition said their access to healthcare has been affected by rising costs compared to the 45% average.



Disabled people were over **three** times as likely to be unable to travel to appointments at **16%**. People with a long-term condition were **twice** as likely at **10%** - compared to the 5% average.



43% of disabled people have avoided visiting the dentist compared to the 32% average.



35% of disabled people have avoided visiting the opticians compared to the 23% average.



A **quarter** of disabled people haven't purchased equipment to help with their health or mobility compared to the **8%** average. People with a long-term condition were **twice** as likely at **16%**.

Impact on Physical and Mental Health



57% of disabled people and **46%** of those with a long-term condition said their physical health has been affected by rising costs.



70% of disabled people and **64%** of those with a long-term condition said their mental health has been impacted by rising costs.



68% of disabled people said they felt stressed compared to 48% average, and **68%** experienced low mood in contrast to the 54% average.



Disabled people were **twice** as likely to be unable to get support for their mental health at **20%** compared to the 10% average.

Need Support?

- Visit the Government [website](#) to see if you are eligible for disability benefits, the Disability Cost of Living Payment and support with prescriptions and health costs.
- Visit the Hertfordshire County Council's [Cost of Living Webpage](#) for help with rising costs.
- Contact HertsHelp [online](#), via email at info@hertshelp.net or phone **0300 123 4044** for free, confidential assistance.
- If you are struggling with your mental health, there is [support](#) available to help you.
- Charities [Scope](#), [We are Undeatable](#), [Turn2Us](#) and [Disability Rights UK](#) can provide support.



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