

Do you have to ‘go without’ on room heating and other energy uses?

Pick the reply that fits best and tick it

I cut heating in unoccupied rooms	rarely	sometimes	always
I put on clothes before turn heating up	rarely	sometimes	always
Age & state of my house	after 1978, insulated	age unknown but renovated	before 1978, un-insulated
My house or flat is	debt free	on mortgage	rented
In winter, I can dry clothes	in electric dryer	outside, under cover	only inside, on a rack
Open fireplace	not used	now a woodstove	still used
Portable gas heater(s)	never used	for emergencies	often used
Heat pump	use, if installed	may use	don't have
Shortened showers	not considered	sometimes	often
Separate deep freeze	have and use	may have	unlikely
Read monthly power bill	occasionally	usually	always
Financial security	feel wealthy	getting by	small income
<i>Total ticks in each column</i>	[]	[]	[]

Ticked 9 or more in the left hand column? - you might be generating a high carbon footprint and missing affordable opportunities to be energy efficient!

Ticked 9 or more in right-hand column? - you may be experiencing ‘fuel poverty’ and need to speak with your landlord about scope for house improvements!

If you are a landlord of rental property – what answers might your tenants have ticked? Have you insulated the house?

Questions based on research into ‘fuel poverty’ by Otago University