

# Cost of living crisis

## What is the cost of living crisis?

The cost of things people need, like food, gas, electricity and petrol is going up quickly.



Some people are being asked to pay more for their care as well.



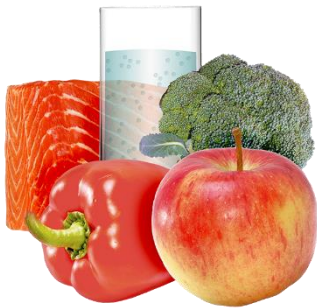
Wages and benefits are not going up as quickly, so it might get more difficult for people to pay for the things they need.





## How might it affect me?

You might find it harder to pay for food and other things you need.



The price of fresh and healthy food might make it difficult to eat a balanced diet.



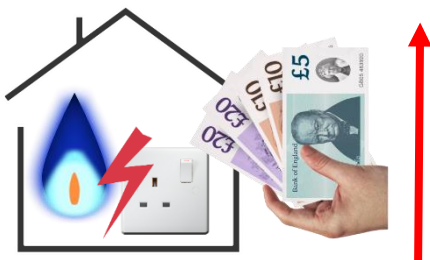
Your weekly shopping might cost more than usual.



This might mean you need to buy less.



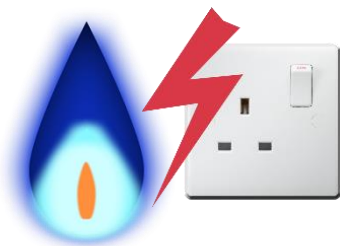
You might need to spend less on the things you like, but are not things you need.



It might cost more money to pay for gas and electricity for your home.



You might not notice this in the spring and summer, because the weather is warmer and there are more hours of daylight.



Later this year, there will be more changes to the **energy price cap**.



The **energy price cap** is how much money energy companies can charge for gas and electricity.



The **energy price cap** changes 4 times a year.



It went up in April 2022.



It will go up in October 2022 and again in January 2023.



This means that electricity and gas will be more expensive over the winter.



The winter is when most people need to use more gas and electric to keep their homes warm, or to cook hot food.



There is information on the Mencap website about how to get help with money during the cost of living crisis.



You can also contact Mencap's learning disability helpline. You can:

- [fill in a form on our website](#)
- email [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)
- or phone 0808 808 1111 from 10am to 3pm, Monday to Friday.



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