



Power Move #18 Power Play (Reduce Energy Costs)



Free Virtual Coaching
30-minutes w/ Mr. Norman

Navigating Federal Energy Assistance: A Beginner's Guide to LIHEAP and Weatherization

1. Introduction to LIHEAP: Your Safety Net for Energy Costs

Rising energy costs shouldn't force a choice between food and home safety. The Low Income Home Energy Assistance Program (LIHEAP) is a federal lifeline helping families manage seasonal heating and cooling expenses.

Quick Fact: LIHEAP manages immediate energy bills while providing resources for long-term, energy-efficient home improvements. Remember: "Lighter bills, tighter homes." This program offers today's relief and tomorrow's affordability. Determining your eligibility is the first step toward securing this vital support.

2. Eligibility: Understanding the Requirements

Qualifying is about matching resources to those in need. To ensure a smooth process, have your data ready. Eligibility depends on:

1. Household Size: The number of residents.
2. Monthly Wages: Total gross income.

Use the online tool to check your status. Preparation Checklist:

- Final household count. Recent pay stubs or income proof. Recent utility bill.

Access the [LIHEAP Eligibility Tool](#). Once confirmed, local experts are ready to help you enroll.

3. Action Plan: How to Get in Contact and Enroll

LIHEAP is federally funded but locally run, so apply through your local office while funds last. Beyond immediate bill relief, you can also lower costs long-term by improving your home's efficiency.

4. Beyond Monthly Bills: The Weatherization Assistance Program (WAP)

If your utility bills are consistently high, your home may need efficiency upgrades. The Weatherization Assistance Program (WAP) provides a permanent solution by making your home more efficient, whereas LIHEAP focuses on bill payment assistance.

Weatherization services include:

- * Energy-Efficient Upgrades: Modern, cost-saving component installation.
- * Home Improvements: Sealing leaks, wall insulation, and HVAC repairs.

Find application steps for these upgrades here: [How to Apply for Weatherization Assistance](#).

5. Staying Informed and Empowered

Congress has already granted this money. These programs are administered at the local level, and the staff changes at the top do not change your rights. If you want to stay updated and find more guides on navigating these challenging times, visit [Working America - Get Help](#). Key Takeaway: You have a fundamental right to access energy support; claim your benefits by contacting your local agency today.

Power Move #19: Power Play



Things You Can Do Today: HVAC & Climate Control

- **Optimize Your Thermostat:** Adjust your thermostat by 7° F to 10° F for eight hours a day to save up to 10% on heating and cooling costs. Use a programmable thermostat to automate this when you are sleeping or away.
- **Use Ceiling Fans:** Fans cool people, not rooms. Set your AC a few degrees higher and use a ceiling fan to create a wind-chill effect. Remember to turn them off when you leave the room.
- **Block Drafts:** Prevent conditioned air from escaping by adding weatherstripping to doors and windows. Place a rolled-up towel or draft stopper at the bottom of exterior doors.
- **Manage Window Coverings:** Close blinds during the hot summer day to block solar heat; open them during the winter to let the sun warm your home naturally.

Water Heating & Laundry

- **Lower Water Heater Temp:** Set your water heater to 120° F. This reduces the energy needed to keep water hot and can save you up to \$400 a year.
- **Wash in Cold Water:** Roughly 90% of the energy used by your washing machine goes toward heating the water. Switch to cold water for full loads to maximize savings without compromising cleanliness.
- **Reduce Shower Times:** Install low-flow showerheads and keep showers under five minutes to reduce both water and energy use.

Kitchen & Electronics

- **Defeat "Energy Vampires":** Electronics in standby mode continue to draw power. Unplug coffee makers, gaming consoles, and chargers when not in use. Alternatively, use smart plugs or surge protectors to cut power with the flip of a switch.
- **Use Smaller Appliances:** Using a toaster oven, air fryer, or slow cooker to heat small meals uses about 50% less energy than firing up a full-sized oven.
- **Upgrade Lighting:** Swap out your most frequently used incandescent or CFL bulbs for ENERGY STAR certified LEDs. *They consume up to 90% less energy and last much longer.*