

Household Energy Reduction Project

U n d e r s t a n d i n g b e h a v i o u r a l c h a n g e



Waterworks Valley Community
Climate Connect Project

**May
Update**

What's happening?

In the past month we've been conducting home energy assessments for those who put in a request for those.

And we've been conducting energy saving workshops, in homes that have offered to host them – with tremendous feedback.

Thanks to all the hosts and participants! You have been most helpful and engaging.

An educational resource

This update takes the form of an educational resource. We would be pleased to hear your thoughts – see following 8 pages.

Who won the prize?

The \$500 incentive prize (for people who chose to do the household climate survey) was won by Babs Reed. Babs is new to Tasmania, and the prize is likely to be used to purchase insulation for her Middleton home.

A happy participant!

“Thanks very much for your efforts the other night as I found it very interesting and it has sparked action on my part. I have completed the extra layer of ceiling insulation and we feel immediate benefits. I have also installed draft stoppas over fans and we are lagging the hot water pipes in our unit. I bought an infra red thermometer and it really helps to target heat loss areas. The shower head is installed and works well. Thanks very much, Lance.”

The things we can do

And why we don't.

Climate change is personal as well as political.

It is caused by millions of decisions that are made each day by people all over the world.

The global climate crisis therefore calls on us all to apply the principle of 'universal leadership'.

Each person – whether they be a politician, a business leader or ordinary citizen – has a moral responsibility to do their bit.

Now press the right arrow to see a checklist of things that all householders can choose to do.



A checklist of household 'behaviours'

APPLIANCES

Stand-by power - 1	Checking stand-by of all appliances in the home
Stand-by power - 2	Turning off appliances at the wall
New appliances	Checking efficiency rating & stand-by before purchasing anything new
Fridge / freezer - 1	Checking correct temperature setting and door seals
Fridge / freezer - 2	Locating these away from heat sources, allowing good ventilation

HOT WATER SYSTEM

Shower head	Fitting low-flow shower head - max 9 litres per minute
Thermostat setting	Setting hot water cylinder thermostat to 60 degrees
Insulation & leaks	Making sure outlet pipes and cylinder are well insulated
Shower times	Keeping shower times to reasonable length – suggested 4 minutes

REDUCING HEAT LOSSES

Zoning	Closing off areas of house that don't need heating
Clothing	Wearing appropriate clothing to avoid excessive heating
Ceiling insulation	Making sure insulation is at least to level R4
Window insulation	Fitting good drapes or blinds and draught-stopping pelmets
Wall insulation	Installing insulation inside walls where possible
Underfloor insulation	(If no carpets) making sure underfloor has minimal insulation
Draught exclusion	Excluding draughts from all entry points

HEATING & COOLING CHOICES

Space heating system	Choosing heating sources that have low impact
Maintenance	Making sure heating / cooling system is working at best efficiency
Thermostat	Setting thermostat to maximum of 22 degrees
Solar hot water	Installing solar hot water
Solar electric panels	Installing solar panels
Passive solar	Modifying home to maximise solar gain / minimise losses

LIGHTING

Light bulb type	Changing all lighting to low energy options
Turning off	Develop home habit of turning off lights

TRAVEL

Air travel	Reducing number of kilometres travelled each year
Walking / cycling	Choosing to walk or ride for all trips under 5 km
Public transport - 1	Obtain bus timetable for your regular routes
Public transport - 2	Plan trips to match public transport availability
Vehicle ownership	Choosing car / bicycle or other transport modes that have lowest impact
Car trips	Managing car trips so as to undertake several tasks in the one trip
Car pooling	Find out who can share car transport when commuting
Driving habits	Learn and apply driving habits that reduce fuel consumption

FOOD

Diet	Modifying diet to reduce high-footprint foods
Food miles	Buying food that's grown or produced locally
Home grown food	Producing vegetables, fruit and eggs in home or community garden

ENERGY MANAGEMENT

Household footprint	Checking climate footprint of household
Energy audit	Obtaining an expert <i>Home Energy Assessment</i>
Energy monitoring	Tracking of household energy usage – aiming to reduce it over time
Household agreement	Gaining household agreement re energy habits and goals
Household plan - 1	Developing a <i>Household Plan</i> – with time frame to achieve it
Household plan - 2	Allocating time to undertake identified actions
Offset emissions	Paying an offset for air flights, car mileage and home energy
Green power	Purchasing electricity from more sustainable sources, if available

INFLUENCING OTHERS

Family	Taking leadership within family and extended family
Community	Helping to empower other citizens
Workplace or school	Influencing workplace to reduce energy waste
Decision makers	Lobbying decision makers

(There are many more actions like these)

What stops us?

Why it's not easy being green.

Immersed in a culture that exhorts us to consume, it is not easy for anyone to live sustainably.

Billions of dollars are spent every day tempting us to live beyond our means – and now we know that there is a big price to pay.

Against this confusing backdrop, it's not surprising that even the most dedicated person faces a huge set of challenges that prevent them from reducing their climate footprint.

Now press the right arrow to see some of the most common 'barriers' that people face every day. Our quest is to find out what we can do about them.



Have you got remedies for these?

Time poverty	<i>"I don't have enough time in my life to..."</i>
Disposable income	<i>"I earn more than I need for basic needs and shopping is a pastime..."</i>
Lack of money	<i>"I can't afford to buy a solar hot water system..."</i>
Inadequate price signal	<i>"I can easily afford my power bills, I'm not motivated by the cost of energy..."</i>
Lack of tangible feedback	<i>"I've given it a go, but not sure if I'm achieving anything..."</i>
Technology fixation	<i>"The solution to climate change is solar and wind power..."</i>
Competing values	<i>"My family's health and safety come before sustainability..."</i>
Social pressure	<i>"My friends, family and neighbours have expectations on the way I live..."</i>
Lack of services	<i>"I would catch buses but they aren't reliable enough..."</i>
Locked in habits	<i>"I just don't like those new light bulbs, they don't give a nice light..."</i>
Western individualism	<i>"I love having my own things and having my own space..."</i>
Lack of control / leadership	<i>"My two teenagers / flatmates shower until all the water goes cold..."</i>
Lack of awareness	<i>"I've got no idea how eating beef affects greenhouse gases..."</i>
Lack of know-how	<i>"There doesn't seem to be any reliable source of unbiased information..."</i>
Lack of expertise	<i>"I wouldn't know how to turn down a thermostat..."</i>
Procrastination	<i>"I've been meaning to make pelmets for 3 years but just haven't got down to it..."</i>
Loss of status	<i>"I can't be seen to be riding a bike to work..."</i>
Lack of resources	<i>"I can't check my ceiling insulation because I don't have a ladder..."</i>
Disability	<i>"I can't turn off that power point, it's down under a desk..."</i>
Comfort zone	<i>"I like long hot showers and have no intention of changing that..."</i>
Empowerment	<i>"There's no point me acting if the government doesn't..."</i>
Common myths	<i>"I've been told that its best to keep fluorescent lights on all the time..."</i>

How to succeed

Many of the hundreds of decisions we make each day are governed by these things. Knowing thyself is the key to success.

Now flip back to the previous page and note down which of those barriers apply to you ...you may even find more!

Some tools you can use.

To find out about the things that affect you and your household, do our quick survey ([click here](#)), we have received tremendous feedback.

To find out more about what stops us, and how to overcome them, just go to our new discussion forum ([click here](#)) – you are most welcome to add your own ideas.



Join a group!

The power of community.

The good news is that society is changing fast, so we don't need to go it alone.

The most powerful agents for change are the communities that we live in.

Is there is a 'transition community' near you?
Click (here) to find out
– or maybe start one up yourself?



This educational resource was produced by Waterworks Community as part of its Climate Connect project.

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Press escape to quit