



Inclusion Ireland

The National Association for People
with an Intellectual Disability.

1,000 Voices

One Message:
Invest in Our Rights in 2026

Inclusion Ireland
Pre-Budget Submission 2026



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1,000 Voices – Invest in our Rights

Inclusion Ireland's Pre-Budget Submission for Budget
2026

Easy-to-read Version



What is the Budget?



The Budget is **the Government's plan for how it will spend money in the year ahead.**



It is usually announced every October by the Minister for Finance.



Every year, the Government looks at:

- How much money it has.
- What people in Ireland need.
- How to use the money to help people.



The Budget is important because it:

- Pays for services like health, schools, and housing.
- Helps disabled people get the support they need.
- Can help make life better for everybody living in Ireland.



People with intellectual disabilities, their families, and their supporters can speak up to tell the Government what they need.

They can do this before the Budget is announced.



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**Pre-Budget
Submission
2026**

This is why Inclusion Ireland makes a submission to the Budget each year.

This is called a **Pre-Budget Submission**.

Why is the Budget for 2026 important?



People with intellectual disabilities have the right to live good lives with the supports they need.



A **right** is something that everyone should have, no matter who they are.

Rights help you:

- Be safe.
- Be treated fairly.
- Make choices about your own life.



Ireland has signed the **United Nations Convention on the Rights of Persons with Disabilities**.

It is called the '**UNCRPD**' for short.



**Disability
Act 2005**



**Equality
Acts 2000 -
2018**

These rules say **the Government must respect and support disabled people's rights to live good lives.**

These rules and rights are in Irish law.

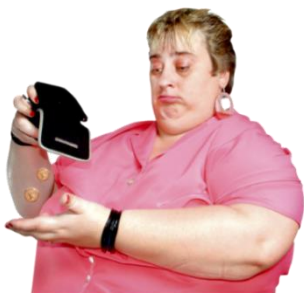


But many disabled people are not having their rights respected.

It is hard to get therapies and supports.



It is hard to get your own home.



Many people do not have enough money to live on.



Over 1,000 people with intellectual disabilities, family members, and their supporters told Inclusion Ireland what needs to change so they can live better lives.



Budget 2026 is a chance for the Government to make changes to help people with intellectual disabilities live better lives.



What People Told Us Needs to Change



There is not enough money.



66 in every 100 people said their payments do not cover what they need.



Many people are worried about money for heating, food, and bills.



It is hard to get your own home.

53 in every 100 people said getting a home of their own is important.

But only 10 in every 100 people had a plan to move into their own home.



There is not enough support for children.

1 in every 4 families said their child does not get early supports and therapies.



Paying for private supports is a problem.

Almost 80 in every 100 families said they must pay privately for therapy, transport, and support.

This causes stress for many families.

What People Told Us in Their Own Words



“As a single parent . . . I may have to give up work but can’t afford to – Carer’s [Allowance] is not enough to manage on.”



“I want to have a plan for when my parents aren’t there to care for me anymore. I want to remain in my own home then, but I will need support.”



“More money for people living independently to pay bills and property tax and house insurance and food.”

What Needs to Change?



How can the Government fix disability poverty?

Disability poverty is when disabled people have less money to pay for the things they need to live with than non-disabled people.

In Ireland, disabled people are twice as likely to face poverty than non-disabled people.



Inclusion Ireland believes that the next Budget should:

- Raise Disability Allowance, Carer's Allowance, and Domiciliary Care Allowance by at least €50 a week to match rising prices.
- Give more help with energy bills for disabled people.
- Bring in extra payments to cover therapy, transport, and other essential costs.



How can the Government give better housing and supports?

Inclusion Ireland believe that the next Budget should:

- Help people live in their own homes with the right support.
- Make it easier for people to get support money they can control.
- Reduce waiting lists for therapy and supports.



How can the Government make information and advocacy more accessible?

Advocacy is when a person, or someone on their behalf, tries to access services or supports they need.

These may be things like education, healthcare, or welfare.



Inclusion Ireland believes that the next Budget should:

- Give money to local and national advocacy services, including for children.
- Support future planning for families, especially with older carers.
- Fund disabled people's organisations and advocacy groups so disabled people can take part in decisions.

How can the Government make education more inclusive?

Inclusion Ireland believes the next budget should:

- Fund disability and human rights training for schools.
- Plan and fund a better inclusive education system for disabled students.
- Expand supports in schools and set up a better way for students and families to make complaints.

How to Get in Touch



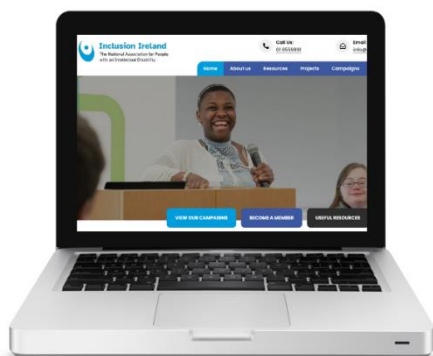
You may have some questions about what's in this document.

If you would like to:

- Learn more about this guide
- Share your story
- Get support to speak up
- Ask questions about Budget 2026



You can email us at
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You can also visit our website
www.inclusionireland.ie