

Your 2026 Home Energy Upgrade Guide

SEAI grants, what to do first, and how to avoid costly mistakes — Ireland, 2026

Upgrading your home's energy can cut your bills, warm up your house, and unlock thousands in SEAI grants — but the order you do things in, and the small print, make a big difference. This short guide gives you the essentials: where to start, the smart sequence, the current grant amounts by property type, and the rules people most often miss.

A note of honesty: Thulir is an early-stage venture, still being built — we're not yet a live service. We made this guide to be genuinely useful whether or not you ever work with us. All grant figures are taken directly from SEAI and dated below.

Start here: get a BER assessment

Before spending anything, get a **BER (Building Energy Rating) assessment**. It tells you your home's current rating, and the assessor's **Advisory Report** lists the recommended improvements in priority order — so you upgrade the right things in the right order. It also feeds two grant decisions later: your **heat-pump readiness** (the Heat Loss Indicator) and the **windows grant** (which needs your attic/walls already rated 'Good'). Note: this planning BER is separate from the **post-works BER** you'll need to claim grants — that one carries a €50 grant.

BER assessment vs "Home Energy Assessment" — they're not the same

Which one you get depends on the route you take:

- **Step-by-step (individual grants):** you manage upgrades yourself with registered contractors, one grant at a time. A **BER** *rates* your home and lists recommended measures; a post-works BER is needed to claim.
- **One Stop Shop (a full upgrade to at least a B2 rating):** the One Stop Shop begins with a **Home Energy Assessment** — a detailed survey of your specific home that *designs* the whole package of works needed to reach the target rating, then manages everything end-to-end with the grant deducted from the cost upfront. In short: a BER *rates* your home; a Home Energy Assessment *designs the upgrade*.

1 · The smart order to upgrade (fabric first)

1. **Insulate first (attic, then walls).** Heat lost through the roof and walls is the cheapest to fix, and a lower-heat-loss home is what makes a heat pump work well later.
2. **Windows & doors.** Best done *before* external wall insulation (the wrap finishes around the new frames). The grant also requires your attic and walls to already be well insulated.
3. **Upgrade the heating (e.g. a heat pump).** Only size and install once the fabric is sorted — your home needs a low enough heat loss to run it efficiently (see page 3).
4. **Solar last.** Once you've reduced demand, solar PV or solar water heating tops it off.

You don't have to do everything at once — most homeowners spread measures over time and apply for one grant at a time. Many aim for a "good enough" B3 rating (often enough for a green-rate mortgage) rather than a full deep retrofit.

2 · 2026 SEAI grants by property type

These measures are paid up to the amounts below, depending on your property type. Figures are maximums; you can't receive more than the cost of the works.

Measure	Detached	Semi-D / end-terrace	Mid-terrace	Apartment
Attic insulation	€2,000	€1,500	€1,400	€1,100
Attic — first-time buyer / welfare	€2,500	€1,900	€1,800	€1,400
Cavity wall insulation	€1,800	€1,300	€850	€700
Internal wall (dry-lining)	€4,500	€3,500	€2,000	€1,500
External wall ("the wrap")	€8,000	€6,000	€3,500	€3,000
Windows	€4,000	€3,000	€1,800	€1,500
Heat pump system*	€12,500	€12,500	€12,500	€9,500

Cavity wall amounts are higher again for homeowners on qualifying welfare payments.

Same amount regardless of property type

- External doors — **€800 per door**, max 2 doors (up to €1,600)
- Air-to-air heat pump — **€7,500** (does not provide hot water)
- Heating controls — **€700** (not available alongside a heat pump grant)
- Solar electricity (PV) — up to **€1,800** (€700/kWp to 2 kWp, then €200/kWp to 4 kWp)
- Solar water heating — **€1,200**
- Post-works BER assessment — **€50** · Heat-pump technical assessment — **€200**

**Heat pump up to €12,500 is a bundle: up to €6,500 for the heat pump + up to €2,000 for central-heating upgrades (where needed) + a €4,000 Renewable Heat Bonus for replacing a fossil-fuel/electric heating system. Increased from €6,500 on 3 February 2026. SEAI also publishes typical costs of each upgrade — search "Median costs of individual energy upgrades" on seai.ie.*

3 · Key rules most people miss

- **Get grant approval BEFORE work starts.** Apply and receive your offer first — works started beforehand aren't eligible.
- **Use an SEAI-registered contractor** (or have a One Stop Shop manage it). You choose your own contractor and should get a few quotes.
- **Home age matters.** Insulation, windows/doors and heating controls: home built & occupied **before 2011**. Heat pump and solar: built & occupied **before 2021**. (Your home needs an MPRN — the number on your electricity bill.)
- **A post-works BER is required** to draw most grants down (there's a €50 grant towards it).
- **Timing:** you have 30 days to accept an offer and 8 months to complete and claim; payment then takes about 4–6 weeks.
- **Second wall measure:** if you previously got a cavity grant you can later add internal or external; internal → external only; external → no further wall grant.

Thinking about a heat pump?

It's the most complex measure, so it's worth understanding before you commit:

- Your home needs **low heat loss** to run a heat pump efficiently — insulate first.
- Homes built **before 2007** need a Technical Assessment (€200 grant) unless a valid BER shows a Heat Loss Indicator of **2.3 W/(K·m²) or lower**. Homes from 2007 on don't need one.
- **Air-to-water** is the most common (heats your home and hot water). **Air-to-air** is cheaper but does *not* provide hot water.

4 · Where Thulyr comes in

The hardest part isn't any single upgrade — it's knowing **what to do, in what order, and who to trust**, then handling the grant paperwork. That's what we're building Thulyr to do: an **impartial, guided journey** through your energy upgrade — helping you choose the right measures, matching you to vetted contractors, and handling the SEAI grant — for one transparent flat fee, with **no markup on the building work**.

Want early access? We're building this now and aren't live yet. Join the early-access list to be first when we launch — and to help shape it:

earlyaccess.thulyr.ie

Sources & disclaimer: All grant figures are from the Sustainable Energy Authority of Ireland (seai.ie/grants/home-energy-grants), verified 17 June 2026. Grant amounts, eligibility and rules change over time — always confirm the current details on seai.ie before you apply. Thulyr is an independent venture and is not affiliated with or endorsed by SEAI. Questions: info@thulyr.ie · © 2026 Thulyr, Dublin, Ireland.