

TOP TIPS FOR WORK

TELL YOUR EMPLOYER YOU HAVE DIABETES SO THEY CAN MAKE REASONABLE ADJUSTMENTS

IT WON'T GO AWAY, BUT YOU CAN LIVE WELL WITH IT



T1D IS AN "UNSEEN DISABILITY" UNDER THE EQUALITY ACT 2010 WHICH MEANS YOU ARE PROTECTED AGAINST DISCRIMINATION AT WORK

DON'T EVER BE EMBARRASSED THAT YOU HAVE DIABETES.



YOU MAY WANT TO TELL SOME OF YOUR CLOSE COLLEAGUES YOU HAVE DIABETES AS SOMETIMES YOU MIGHT NEED THEIR HELP AND SUPPORT. YOU DON'T HAVE TO TELL EVERYONE

