

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.



16-18's page

More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org



19-25's page