University Hospitals
Coventry and Warwickshire
NHS Trust

Paediatric Diabetes

Paediatric Diabetes - Diabetes and careers

Finding a job or even thinking about what you'd like to do in the future can be daunting. Whether you're thinking about getting a summer job, or taking the first step into your chosen career, there is no reason why diabetes should prevent you from doing most jobs as well as (or better than) someone who does not have diabetes. People with diabetes can work as bus drivers, firefighters and pilots. These are jobs you couldn't do in the past, so there have been great improvements in this situation over recent years.

The Equality Act 2010 applies to England, Wales, and Scotland. It sets out principles that employers should follow in their treatment of employees with a disability. Although people with diabetes may not see this as a disability, workers with diabetes are protected by this legislation.

The only exception to this is the armed services, which doesn't recruit people with diabetes and is exempt from the Equality Act.

Useful advice on Employment and Diabetes is available from Diabetes UK.
www.diabetes.org.uk

Informing your employer

You must disclose diabetes to your employer when asked about any health problems, but employers cannot use this as a reason not to employ you.

You will need to inform your employer when you need to snack and inject insulin during work time. You are entitled to have provisions made to enable you to continue your diabetes care in work when necessary. The routine you have with your diabetes will depend on what insulin regimen you are using.

There is no reason why you cannot, with appropriate advice, undertake shift work. This requires planning ahead, regular blood glucose testing and adjustment of insulin. Your diabetes nurse will be able to help you with this.

Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs.

The Trust operates a smoke free policy.

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