

Patient Information

Paediatric Diabetes

Diabetes and Careers

There is no reason why diabetes should prevent you from doing most jobs as well as someone who does not have diabetes.

The Disability and Discriminations Act (DDA) introduced in 1991, has set out that no person should be discriminated against, purely because of their health. This includes employment.

There are some careers however which can be restricted for employees who take insulin replacement treatment. These include the Armed Forces and offshore working such as oil rigs, ferries or liners. These services are not covered by the DDA.

There are restrictions to holding a passenger carrying vehicle licence or heavy goods vehicle licence, therefore most driving jobs i.e. coach, bus or lorry driving may have conditions attached. The same applies to train driving and airlines. Although the DVLA permits carriage of up to 9 passengers on a standard licence, the taxi licence issued by local councils can vary.

Although some restrictions have also been in place with public services such as the fire and ambulance services these are being repeatedly challenged in view of the DDA. For this reason, career opportunities in such services are changing.

Informing your Employer

You must disclose diabetes to your employer when asked about any health problems, but employers can not 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. You will be able to find useful information for your employer on the Diabetes UK web site.

There is also 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.