

References



University and diabetes | Diabetes UK



Help if you're a student with a learning difficulty,
health problem or disability:
Disabled Students' Allowance - GOV.UK



Work | Breakthrough T1D UK



Work and diabetes | Life with diabetes | Diabetes
UK

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**Mersey and West Lancashire
Teaching Hospitals**
NHS Trust

Advice for young people with type 1 diabetes in the workplace and university

Patient information

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسبيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Author: Specialist nurse
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Document Number: MWL2506
Version: 001
Review Date: 28/02/2028

University

Moving away and starting university is an exciting chapter, but it can also bring some nervous feelings. Living with type 1 diabetes means there are a few extra things to think about if moving away to university.

Have a think about where you want to receive your continuing diabetes care. This can be transferred to your new local team, or can be kept under the Young Persons (YP) team at Southport and appointments can be made around you returning home in the holidays.

Make sure you register with your local GP close to your university, so that you can continue to receive your diabetes medications and don't have any problems with supplies.

Don't forget to update your address if you receive pump or glucose sensors direct from the company. If you want to keep it at your current address and have it delivered to your parents or carers, make sure you always have enough supplies and pick these orders up regularly. Contact the university accommodation officer to ensure you have your own personal fridge, in order to store and keep your diabetes medications safe.

If applying to university, as well as being able to apply for student loans, you may be eligible to receive extra funding called Disabled Students Allowance (DSA). You do not automatically qualify for this if you live with type 1 diabetes, but you may be able to look into making an application. It is important to note that although you may not consider yourself to have a disability, under the Equality Act 2010, type 1 diabetes is classed as an unseen disability.

The workplace

There are very few jobs you cannot do living with type 1 diabetes, but there are certain professions that would require you to be managing your diabetes well and some that may have more of an impact on your diabetes than others.

For most jobs, there is no legal obligation to inform your employer about your diabetes, but it can help if you are honest with your employer about your diabetes. It is up to you as an individual when you disclose this. Make yourself familiar with policies around needing time off work for appointments and if you are unwell.

It is important to note that the UK Armed Forces do not employ individuals with type 1 diabetes. The emergency services will differ from area to area and each will have their own guidelines and medical checks, but generally speaking, having type 1 diabetes will not stop you having a job in the emergency services, if you manage your condition well.