

Employment Jobs Away From Home

Most teens are smart and responsible enough to take care of themselves without much trouble.

Look for a job that will help your diabetes. Jobs that have you moving are good. Jobs that have regular break times and lunchtime are good. Jobs that are not dangerous are good for everyone!

You may or may not know that having diabetes is considered a disability. This does not mean you cannot do things. It means you have special rights.

It is a law that school must allow you the time and a place for you to take care of your diabetes. An employer, a person who hires you to work for him or her, must follow the same laws.

You have the right to be responsible for your diabetes care.

You are responsible when:

- ▶ you wear a medical alert bracelet or necklace
- ▶ you test blood sugars regularly
- ▶ you eat on time
- ▶ you take medication on time
- ▶ you let those you work close to know you have diabetes

By law, you have the right to take care of your diabetes while working away from home.



**Be a responsible person with diabetes.
Take care of yourself.**

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

What kind of work (job) is good for someone with diabetes?

Mowing lawns, volunteer parks and recreation helper,

What kind of work (job) do you have or want to have?

Is this a good job to help you control your diabetes? Why?

An employer, the person you work for, helps you control your diabetes by:

Allowing time to test your blood sugars,

You are a responsible worker if you test blood sugars, eat meals on time, take your medication on time plus you wear _____ and _____.

Tell _____.

**You have the right to be a responsible
worker with diabetes.**

The Americans with Disabilities Act and Section 501 of the
Rehabilitation Act of 1973 says so.