

Know Your Rights



Whether or not you choose to personally identify as a person with a disability is 100% your choice, and this choice should always be respected. The following information is to **inform you of your legal rights in Canada as a person living with type 1 diabetes**.

Does Canada Consider Diabetes a Disability?

- According to the [Canadian Human Rights Act](#), any severe mental or physical chronic condition that prevents a person from performing regular life routines is considered a disability.
- The Canadian government recognizes type 1 diabetes as a [disability](#) due to its impact on lifestyle, the constant monitoring of blood sugar levels, and the potential risks associated with the condition.
- This recognition ensures that people with diabetes have certain **protections afforded to them under the law**, both in Canada and internationally.

Canadian Charter of Rights and Freedoms:

- Section 15 ensures equality, irrespective of race, gender, sexuality, and **disability**. The CCRF was signed into law in 1982.

Canadian Human Rights Act:

- An extension of the Charter, the Canadian Human Rights Act ensures that everyone is treated equally and justly, regardless of age, gender or disability.

United Nations Convention on the Rights of Persons with Disabilities:

- This International Human Rights Treaty is intended to protect the rights and dignity of people with disabilities.



T1D STUDENT TIP

In all public spaces, people with diabetes must be allowed to manage their condition without barriers. This includes administering injections with insulin, checking blood sugar levels, eating food, and drinking juice or water. Read more in the [Accessible Canada Act](#).

DO YOU QUALIFY FOR FEDERAL DISABILITY TAX CREDIT IF YOU HAVE DIABETES IN CANADA?

- To help offset the costs of living with T1D, the Canada Revenue Agency (CRA) provides disability benefits for diabetes like the [Canadian Disability Tax Credit \(DTC\)](#), or [Child Disability Tax Credit](#).
- Anyone with a SIN and who has an official type 1 diabetes diagnosis automatically qualifies for Disability Tax Credits.
- All you need is to have your doctor fill out the required forms and submit them to the CRA.