

# Tourette Syndrome and disability rights



Not all people with TS consider themselves as having a disability, because their symptoms do not have a negative effect on their ability to do normal daily activities. However, TS is considered a disability under UK law, which prohibits people with the condition being discriminated against because of it. Knowing your rights as a disabled person can support you in all areas of your life. We have outlined the definition of disability under the Equality Act 2010 and have provided a list of organisations who offer specialist advice and information on disability rights.

## The Equality Act 2010

The Equality Act 2010 is an act of Parliament which legally protects people from discrimination in the workplace and in wider society.

A person is disabled under the Equality Act 2010 if they have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on their ability to do normal daily activities.

What 'substantial' and 'long-term' mean

- 'Substantial' is more than minor or trivial - e.g. it takes much longer than it usually would to complete a daily task like getting dressed
- 'Long-term' means 12 months or more - e.g. a breathing condition that develops as a result of a lung infection

The Equality Act 2010 doesn't apply to Northern Ireland, for more information please visit:

<https://www.nidirect.gov.uk/articles/mental-health-and-disability-discrimination-act-dda>

Source: [www.gov.uk](http://www.gov.uk)

## Useful resources and Information

The Equality and Human Rights Commission: provide guidance and good practice to help you understand and use the Equality Act law: <https://www.equalityhumanrights.com/en>

Government website: provide information on different areas concerning disability rights:

[www.gov.uk/rights-disabled-person](http://www.gov.uk/rights-disabled-person)

Disability Information Advice Line: There are over 140 local DIALs all staffed by disabled people and all offering telephone advice. If you have a local line it should be listed in your telephone directory under DIAL UK. Alternatively, call the national office on 01302 310 123 or visit their website at: <https://helplines.org/helplines/dial-uk-dial-network-local-disability-information-and-advice/>

Disability Rights UK is an organisation led, run and controlled by disabled people, offering information and advice concerning disability rights: <https://www.disabilityrightsuk.org/>