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:

Source: 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

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/