

School Rights and Tips for Utah Students with Diabetes

KNOW YOUR RIGHTS? FOR MORE INFORMATION VISIT ADA'S SAFE AT SCHOOL WEBSITE

www.diabetes.org/safeatschool

Federal Law

Federal law protects students with disabilities—such as diabetes—against discrimination by their school. These laws shield students with diabetes from unfair treatment by creating a framework that requires schools to provide proper care to keep students healthy and provide the necessary support to ensure that students are able to optimally participate in class and school activities. For example, schools must make sure that a school nurse or other trained staff member—like a teacher or coach—is always available to help younger, less experienced students with insulin. All students, including more mature and independent students, need a school nurse and a few trained school staff members who know how to recognize and respond to dangerous, low blood glucose levels. To learn more about the rights of students with diabetes visit the ADA's Safe at School website. In particular you might want to view information about: [Section 504 of the Rehabilitation Act of 1973](#); [The Americans with Disabilities Act](#); and [The Individuals with Disabilities Education Act](#).

Your State Information

In [Utah](#):

- School staff such as teachers, coaches, or principals may be trained to administer insulin and glucagon.
- Schools are required to train two or more volunteers to administer glucagon within reasonable time of receiving a doctor's orders.
- Capable students may carry their diabetes supplies, self-administer medication, and self-manage their diabetes at school.

Tips to Prepare for the Upcoming School Year

1. **Learn about your child's legal rights and your school's legal obligations** by reviewing the information on our website. Be familiar with your school district's medication administration policies and practices.
2. **Learn about written care plans:** Visit the American Diabetes Association's Safe at School website to learn about the types of written plans used to protect students with diabetes. ADA's template plans include: [Diabetes Medical Management Plan \(DMMP\)](#); and [Section 504 Plan](#).
3. **Write it down:** Consult with your child's health care provider and develop a written management plan that sets out how your child's diabetes needs should be met at school.
4. **Set up a meeting:** Contact your school nurse and principal. Schedule a meeting to discuss your child's needs and to initiate the 504/IEP process.
5. **Send supplies:** Make sure your child has all of the equipment, supplies, and snacks necessary to care for his or her diabetes.
6. **Be a resource for your school nurse or trained diabetes personnel:** Be prepared to answer questions about your child's needs and to work with staff when necessary. ADA's website has trainings materials that you can share with your child's school nurse, principal, and teachers.

Do you have questions? If you need more information call 1-800-DIABETES and ask for a school discrimination packet or visit [http: www.diabetes.org/safeatschool](http://www.diabetes.org/safeatschool). If your child is experiencing discrimination at school ask for a discrimination assistance form so that you can speak with a legal advocate about your situation.