

## **What is a Disability?**

The Equality Act 2010 states that a person has a disability if they have a physical or mental impairment which has a substantial and long term adverse effect on their ability to carry out normal day to day activities.

These impairments may include:

- Learning difficulties including specific learning difficulties.
- Medical conditions including epilepsy, diabetes, severe asthma and eczema, autism, speech communication and language impairments.

If the impairment has a substantial and long-term effect on a person's ability to carry out normal day to day activities, it may amount to a disability.