

WORDS with DIGNITY

Language is powerful

Use respectful terms when referencing persons with disabilities.

| USE... | INSTEAD OF... |
|--|--|
| person with a disability | the disabled handicapped |
| person with diabetes, arthritis, etc. | afflicted with suffers from |
| person with a mental illness person with a mental health issue | mental insane crazy psychotic |
| person who is hard of hearing person who is Deaf | the heard of hearing deaf and dumb deaf mute |
| Little people persons of short stature | dwarf midget |
| person with an intellectual disability person with a developmental disability | mentally retarded mentally challenged |
| person who is blind person who is visually impaired | the blind |

| USE... | INSTEAD OF... |
|---|--|
| person who stutters person with a communication disability | stutterer speech handicapped |
| person with a mobility disability person with a spinal cord injury | physically challenged crippled |
| person who uses a wheelchair | confined to a wheelchair wheelchair bound |
| accessible parking accessible washrooms | handicapped parking handicapped washrooms |
| person without a disability | normal |

When in doubt, ask.

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