

Words with dignity

People with a disability should be described in words and expressions that portray them with dignity. The following guidelines and terms are supported by some 200 organizations that represent or are associated with Canadians with a disability.

In general, remember

- describe the person, not the disability
- refer to a person's disability only when it is relevant
- avoid images designed to evoke pity or guilt



**ACTIVE
LIVING
ALLIANCE**

FOR CANADIANS
WITH A DISABILITY



Instead of ...

Disabled, handicapped, crippled

Crippled by, afflicted with, suffering from, victim of, deformed

Lame

Confined, bound, restricted to or dependent on a wheelchair

Deaf and dumb, deaf mute, hearing impaired

Retarded, mentally retarded

Spastic (as a noun)

Physically challenged

Mental patient, mentally ill, mental, insane

Learning disabled, learning difficulty

Visually impaired (as a collective noun)



Use ...

Person(s) with a disability

Person who has ... or, Person with ...

Person who is mobility impaired

Person who uses a wheelchair

Person who is Deaf, hard of hearing

Person with a developmental disability

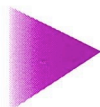
Person with Cerebral Palsy

Person with a physical disability

Person with a mental illness, Person who has schizophrenia, Person who has ...

Person with a learning disability

Persons who are visually impaired, blind



If in doubt, ask. Most people with a disability will be more than willing to help you.

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