

# WORDS with DIGNITY

Language is powerful

Use respectful terms when referencing people with disabilities.

USE...	INSTEAD OF...
people with disabilities	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 hearing impaired deaf and dumb deaf mute
little person person 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	stutterer
person with a communication disability	speech handicapped
person with a mobility disability	physically challenged
person with a spinal cord injury	crippled
person who uses a wheelchair	confined to a wheelchair wheelchair bound
accessible parking	handicapped parking
accessible washrooms	handicapped washrooms
person without a disability	normal

**When in doubt, ask.**

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