



# RICHMOND CENTRE FOR DISABILITY

## Words with Dignity

People with disabilities 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
- Avoid using terms like "the disabled, the blind, the epileptics, the retarded, etc."

## “People First” Language

### **People with disabilities or people who have disabilities**

X NOT the handicapped or disabled

### **He/She uses a wheelchair**

X NOT he/she is wheelchair bound or confined to a wheelchair

### **He/She has a congenital disability**

X NOT he/she has a birth defect

### **Accessible parking or bathrooms**

X NOT handicapped parking or bathrooms

### **He/She has a need for .... or he/she needs ....**

X NOT he/she has a problem with

### **He/She has a cognitive disability or he/she has developmental disability**

X NOT he/she is retarded or MR