

People First Language

Isn't it time to make this change? If not now, *when?* If not you, *who?*
Using People First Language is the *right* thing to do, so **let's do it!**

Examples of People First Language:

Use:.....Instead of:

- People with disabilitiesThe handicapped or disabled.
- Paul has a cognitive disability (diagnosis)He's mentally retarded.
- Kate has autism (or a diagnosis of...).....She's autistic.
- Jose has Down syndrome (or a diagnosis of...)He's Down's; a Down's person; mongoloid.
- Sara has a learning disability (diagnosis)She's learning disabled.
- Bob has a physical disability (diagnosis)He's a quadriplegic/is crippled.
- Maria uses a wheelchair/mobility chair.....She's confined to/is wheelchair bound.
- Tom has a mental health conditionHe's emotionally disturbed/mentally ill.
- Ryan receives special ed services.....He's in special ed; is a sped student/inclusion student.
- LaToya has a developmental delayShe's developmentally delayed.
- Children without disabilitiesNormal/healthy/typical kids.
- Communicates with eyes/device/etc.....Is non-verbal.
- People we serve/provide services to.....Client, consumer, recipient, etc.
- Congenital disabilityBirth defect.
- Brain injuryBrain damaged.
- Accessible parking, hotel room, etc.Handicapped parking, hotel room, etc.
- She needs...or she usesShe has a problem with.../She has special needs.

Keep Thinking...

There are many other descriptors we need to change!