

Person First Language  
We are all people first!

Words to Avoid	Words to Say
Disabled, Handicapped, Physically challenged, Suffers from a disability	Person with a disability, People or Individuals with disabilities
Normal, Able-bodied, Healthy person	Person without a disability
Wheelchair-bound, confined to wheelchair, crippled	Person who uses a wheelchair
Deaf person/people	Person who is deaf or person with a hearing impairment
Blind person/people	Person who is blind or has a low vision, or has visual impairment
Brain damaged	Person with brain injury
Suffers from	Person has...
Mentally retarded	Person with an intellectual disability
Epileptic/diabetic	Person with epilepsy/diabetes
Law-functioning	Greater support needs
Non-verbal	Communicates without using words
They have a problem with	They need, they use
Handicapped parking	Accessible parking
Dwarf/midget	Little person/person of short stature

Some people choose identity first language. It is best to start with person first language and to notice how they talk about themselves.