

Words with Dignity



The following terms are suggested to describe people with disabilities

Instead of...

Use...

Disabled,
handicapped,
crippled

Person with a
disability,
people with
disabilities

Crippled by,
afflicted with,
suffering from,
deformed

Person who
has... Or, Person
with...

Lame



Person who has
a mobility
impairment

Confined,
bound,
restricted to a
wheelchair

Person who uses
a wheelchair



Deaf and
dumb, deaf
mute, hearing
impaired

Person who is...
Deaf; ...hard of
hearing

Retarded,
mentally
retarded



Person with an
intellectual
disability

Spastic (as a
noun)

Person with
cerebral palsy

Physically
challenged

Person with a
physical
disability

Instead of...

Use...

Mental patient,
mentally ill,
mental, insane



Person who has
...a mental
illness; ...
schizophrenia

Learning
disabled,
learning
difficulty

Person with a
learning
disability

Visually
impaired (as a
collective
noun), blind

People who
have a visual
impairment

Disabled sport



Sport for
athletes with
disabilities

Disabled
community

Disability
community

*Remember, appropriate
terminology changes with the
times... If in doubt, ask.*

Or, contact us directly for more
information:



ACTIVE
LIVING
ALLIANCE
FOR CANADIANS
WITH A DISABILITY

Toll free: 1-800-771-0663

Email: info@ala.ca

Web site: www.ala.ca



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