

People First Language - The Basics

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WHO

WHO IS IT FOR?

People with disabilities are – first and foremost – people who have individual abilities, interests and needs. They are moms, dads, sons, daughters, sisters, brothers, friends, neighbors, coworkers, students and teachers. About 54 million Americans -- one out of every five individuals -- have a disability. Their contributions enrich our communities and society as they live, work and share their lives. People with disabilities constitute our nation's largest minority group, which is simultaneously the most inclusive and the most diverse. Everyone is represented: of all genders, all ages, all religions, all socioeconomic levels and all ethnic backgrounds. The disability community is the only minority group that anyone can join at any time.

WHAT

WHAT IS IT?

One of the major improvements in communicating with and about people with disabilities is "People-First Language." People-First Language emphasizes the person, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person. People-First Language is an objective way of acknowledging, communicating, and reporting on disabilities. It eliminates generalizations and stereotypes, by focusing on the person rather than the disability. Disability is not the "problem." For example, a person who wears glasses doesn't say, "I have a problem seeing," they say, "I wear/need glasses." Similarly, a person who uses a wheelchair doesn't say, "I have a problem walking," they say, "I use/need a wheelchair."

WHY

WHY SHOULD WE USE IT?

The language a society uses to refer to persons with disabilities shapes its beliefs and ideas about them. Words are powerful; Old, inaccurate, and inappropriate descriptors perpetuate negative stereotypes and attitudinal barriers. When we describe people by their labels of medical diagnoses, we devalue and disrespect them as individuals. In contrast, using thoughtful terminology can foster positive attitudes about persons with disabilities. Our words and the meanings we attach to them create attitudes, drive social policies and laws, influence our feelings and decisions, and affect people's daily lives and more. How we use them makes a difference. People First Language puts the person before the disability, and describes what a person has, not who a person is. Using a diagnosis as a defining characteristic reflects prejudice, and also robs the person of the opportunity to define him/herself.

People First Language - Examples

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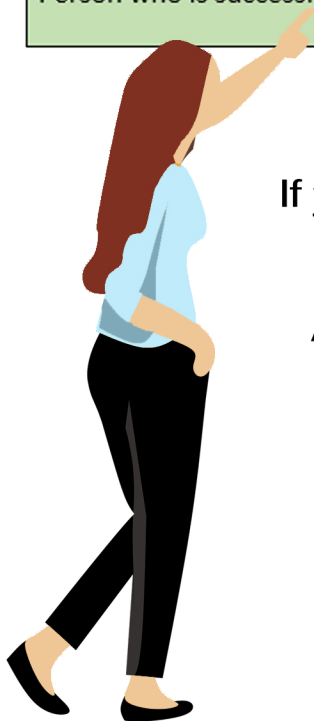
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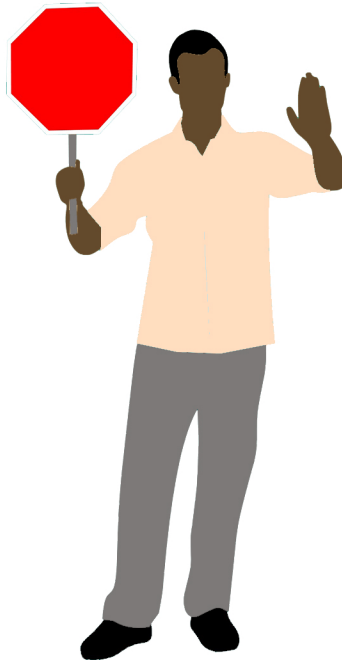
PEOPLE FIRST LANGUAGE	LANGUAGE TO AVOID
Person with a disability	The disabled, handicapped,
Person without a disability	Normal person, healthy person
Person with an intellectual, cognitive, developmental disability	Retarded, slow, simple, moronic, defective, delayed, afflicted, special person, low-functioning
Person with an emotional or behavioral disability, person with a mental health or a psychiatric disability	Insane, crazy, psycho, maniac, nuts
Person who is hard of hearing	Hearing impaired, suffers a hearing loss
Person who is deaf	Deaf and dumb, mute
Person who is blind/visually impaired	The blind
Person who has a communication disorder, is unable to speak, or uses a device to speak	Mute, dumb
Person who uses a wheelchair	Confined or restricted to a wheelchair, wheelchair bound
Person with a physical disability	Crippled, lame, deformed, invalid, spastic
Person with epilepsy or seizure disorder	Epileptic
Person with multiple sclerosis	Afflicted by MS
Person with cerebral palsy	CP victim
Accessible parking or bathrooms	Handicapped parking or bathroom
Person of short stature	Midget
Person with Down syndrome	Mongoloid
Person who is successful, productive	Has overcome his/her disability, is courageous

“The difference between the almost right word and the right word is really a large matter. 'tis the difference between the lightning bug and the lightning.”

– Mark Twain,
The Wit and Wisdom of Mark Twain



If you are unsure of what to say, remember: **ALWAYS** put the person first!



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