

Words with Dignity

Instead Of...	Please Use...
Handicap, handicapped	Disability, or person with a disability emphasizes the person, not the disability
Mentally retarded, defective, idiot, imbecile, moron, retarded, mongoloid _{Text}	Person with an intellectual disability, person with a developmental disability
The learning disabled, the dyslexics	Person with a learning disability
The blind, the visually impaired	Person who is blind, person who has a visual impairment
Birth defect, congenital defect, deformity	Person born with a disability, person who has a congenital disability
Victim of/ afflicted with/ suffers from a stroke, polio, muscular dystrophy, etc.	Person who has multiple sclerosis, person with a spinal cord injury
Cripple, crippled, gimp, invalid, physically challenged	Person with a disability, person with reduced mobility, person with a spinal cord injury, etc.
Wheelchair-bound or confined to a wheelchair	Person who uses a wheelchair, a wheelchair user
Handicapped parking, handicapped washrooms, etc.	Accessible parking, accessible washrooms, barrier-free, universal design
The hearing impaired, the hard of hearing	Person who has a hearing impairment
Deaf-mute, Deaf and dumb	Person who is Deaf
The epileptic	Person who has epilepsy
Crazy, insane, lunatic, maniac, mental, mental case, neurotic, psycho, psychotic	Person with a mental health disability, Person with psychiatric disabilities, person who lives with schizophrenia, person who lives with depression, etc.
Brain Injured	Survivor of Brain Injury
Medical Conditions	Person with HIV, Person with Cancer, etc.
Normal, healthy (when used as the opposite of disabled)	Non-disabled, able-bodied

Adapted From: *A way with words and images* (2004) Office for Disability Issues. Government of Canada.