

## WORDS with DIGNITY

**Language is powerful. Be respectful.**

Terms to use when referencing people with disabilities:

Use	Instead of
person with a disability person who has a disability people with disabilities	the disabled handicapped afflicted with suffering from special deformed differently abled
person with a mental illness person who accesses mental health services	mentally ill mental insane crazy
person who is deaf person who is late-deafened person who is hard of hearing	the deaf deaf mute hearing impaired
person with a developmental disability person with an intellectual disability	developmentally delayed
person who is blind person who is partially sighted	the blind the visually impaired
person with a learning disability	learning disabled
person with a mobility disability	physically challenged
person who uses a wheelchair	wheelchair bound confined to a wheelchair
accessible parking blue zone parking	disabled parking handicap parking
sport for athletes with disabilities	disabled sport
community of people with disabilities	disabled community
people	those people you people
person without a disability	normal

**Remember:**

**Always put the person first. Avoid 'us' and 'them'. If in doubt, ask.**



Disability Policy Office  
ph 709-729-6279; 888-729-6279  
tty 709-729-5000; 888-729-5440  
[disabilitypolicy@gov.nl.ca](mailto:disabilitypolicy@gov.nl.ca)