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| **A Way with Words** |
| **Words to Watch**  | **Acceptable Alternative** |
| * Abnormal, subnormal *(negative terms that imply failure to reach perfection)*
 | * Specify the disability
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| * Afflicted with *(most people with disabilities don't see themselves as afflicted)*

  | * Say "the person has...(the disability)"

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| * Birth defect, also congenital defect, deformity

  | * Say "the person with a disability since birth", "person with congenital disability"

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| * Blind (the), visually impaired (the)

  | * Say "person who is blind", "person with vision impairment"

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| * Confined to a wheelchair, wheelchair-bound *(a wheelchair provides mobility not restriction)*

  | * Say "uses a wheelchair" or is a "wheelchair user"

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| * Cripple, crippled (these terms convey a negative image of a twisted, ugly body. Avoid)

  | * Say "has a physical or mobility disability"

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| * Deaf (the)

  | * Only appropriate when referring to the Deaf community; say "person who is deaf"

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| * Deaf and dumb (the inability to hear and speak does not imply  intellectual disability. Avoid)

  | * Say "hearing impaired" ; lack of speech usually results an from impaired hearing

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| * Defective, deformed  (degrading terms. Avoid)

  | * Specify the disability

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| * Disabled (the)

  | * Say "people with a disability"; "the disability community"

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| * Epileptic

  | * Say "person with epilepsy"

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| * Fit, attack, spell

  | * Say "seizure"

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| * Handicapped (the)

  | * Say "person with a disability" unless referring to an environmental or attitudinal barrier, in such cases "person who is handicapped by a disability" is appropriate.
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| * Insane (also lunatic, maniac, mental patient, mentally diseased, neurotic psycho, psychotic, schizophrenic, unsound mind and others are derogatory terms. Avoid)

  | * Say "person with a psychiatric disability" or a specific condition .

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| * Invalid (the literal sense of the word is "not valid". Avoid)

  | * Say "person with a disability"

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| * Mentally retarded (also defective, feeble minded, imbecile,  moron and retarded are offensive and inaccurate terms. Avoid)

  | * Say "person with an intellectual disability"

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| * Mongol (outdated and derogatory)

  | * Say "has Down Syndrome".

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| * Patient (only use in context of doctor/patient relationship or in hospital)

  | * Say "person with a disability".

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| * Physically/intellectually/vertically challenged,  differently abled, ( ridiculous euphemisms for disability. Avoid)

  | * Say "person with a disability"

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| * Spastic (usually refers to a person with cerebral palsy or who has uncontrollable spasms. Derogatory, often term of abuse, should never be used as a noun)

  | * Say "person with a disability".

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| * Suffers from, sufferer, stricken with (Not all people with disabilities actually suffer. These terms should not be used indiscriminately.)

  | * Say "person with a disability".
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