



People First Language - It MATTERS!

- ➔ In EVERY Draft
- ➔ In EVERY Context
- ➔ In EVERY Communication

Using People First Language (also called “person first” or “person centered” language) is a concrete and respectful way to focus on the individual rather than the disability. Please be mindful in all communications, both written and verbal, that ***a person with a disability is a person first.***

Say or Write:*	Instead of:
Person with a disability	Disabled person
People with disabilities	The handicapped, the disabled
He has autism	He is autistic
She has a developmental disability	She is developmentally delayed
Congenital disability	Birth defect
Communicates with his eyes/device/etc.	Is non-verbal
She uses a wheelchair	She is confined to a wheelchair
Children without disabilities	Normal or healthy kids
He has a physical disability	He’s a quadriplegic/crippled
She has high support needs	She is low functioning
Accessible parking/Restroom	Handicapped parking/Restroom
Non-ambulatory	Wheelchair-bound

*This list is excerpted from an article by Kathie Snow at www.disabilityisnatural.com