



SUGGESTED LANGUAGE FOR PEOPLE WITH DISABILITIES

Inappropriate/Common Wording	Suggested Wording
[Ability]-challenged	Has a disability
Afflicted	Has a cognitive disability or difference
Birth defect	Born with...
Cerebral-palsied	Has cerebral palsy
Confined to a wheelchair, wheelchair-bound	Uses a wheelchair
Cripple	Person with a physical disability
Deaf and dumb, deaf-mute	Person who is deaf, hard of hearing or has a speech disability
Deformed	Has a physical disability or difference
Emotionally disturbed	Has a mental health disability
Epileptic	Has epilepsy
Handicapped	Person with a disability
Handicapped accessible	Accessible to people with disabilities, fully accessible
Handicapped parking	Accessible parking
Hunchbacked	Has a spinal curvature
Insane, crazy, deranged, deviant	Has a mental health disability
Invalid	Chronically ill
Lame	Walks with a limp, uses crutches
Midget, dwarf	Short-statured, little person
Mongoloid	Person with Down's syndrome
Paraplegic, quadriplegic	Has paraplegia; has quadriplegia

Inappropriate/Common Wording	Suggested Wording
Retarded	Person with intellectual disability
Spastic	Has seizures, muscular dystrophy

NOTE: Use of the term “normal,” “able-bodied” and “healthy” to describe people who do not have disabilities is inappropriate, as it communicates an assumption that people with disabilities are “abnormal.” Use “person without a disability” or “typical” instead.