

EXAMPLES OF PEOPLE FIRST LANGUAGE

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Remember: a disability descriptor is simply a medical diagnosis.
People First Language respectfully puts the person before the disability.
A person with a disability is more *like* people without disabilities than different.

SAY:

People with disabilities.
He has a cognitive disability/diagnosis.
She has autism (or a diagnosis of...).
He has Down syndrome (or a diagnosis of...).
She has a learning disability (diagnosis).
He has a physical disability (diagnosis).
She has a mental health condition/diagnosis.
He uses a wheelchair/mobility chair.
She receives special ed services.
He has a developmental delay.
Children without disabilities.
Communicates with her eyes/device/etc.
People we serve
Congenital disability
Brain injury
Accessible parking, hotel room, etc.
She needs... or she uses...

INSTEAD OF:

The handicapped or disabled.
He's mentally retarded.
She's autistic.
He's Down's; a mongoloid.
She's learning disabled.
He's a quadriplegic/is crippled.
She's emotionally disturbed/mentally ill.
He's confined to/is wheelchair bound.
She's in special ed; a SPED kid.
He's developmentally delayed.
Normal or healthy kids.
Is non-verbal.
Client, consumer, recipient, etc.
Birth defect
Brain damaged
Handicapped parking, hotel room, etc.
She has problems with/has special needs.

Keep thinking—there are many other descriptors we need to change!

Excerpted from Kathie's People First Language article, available at [www.disabilityisnatural.com](http://WWW.DISABILITYISNATURAL.COM).

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