

Language reflects a person's beliefs.

Help **STOP** the negative stereotypes about people with disabilities by what is said.

For example:

Do not say:

Handicapped

Dumb

Afflicted

Spastic

Wheelchair bound

Retarded

Crazy

Instead, say:

Person with a disability

Person unable to speak

Person who has polio, MS, etc.

**Person with uncontrolled
muscle spasms**

Person who uses a wheelchair

Developmentally delayed

**Person with a psychological
illness**

Avoid the labels! Put the person first.

But there is one exception to the thought.

Please don't say "hearing impaired"!

Deafness is not considered a disability. It is a different, minority culture with its own language----sign language. Most Deafs do not consider themselves disabled, but party of a lively vivid, vision-based culture group. So say "Deaf" or "Hard of Hearing (HOH)" and you will be "correct"!