



lightyear
foundation

Language

Tips on language that most people prefer, but don't be afraid to ask people their preferences!

You could say	Don't say
Disabled person Person with Disabilities	The disabled Cripple Sufferer Handicapped
Non-disabled person	Able-bodied Normal person
Blind person	The blind
Deaf person	The deaf
Person with Dwarfism People of short stature Person with restricted growth	Midget Dwarf
Accessible parking	Disabled parking
Accessible toilet	Disabled toilet
Deaf without Speech	Dumb
Personal Assistant	Carers
Wheelchair user Person who uses a wheelchair	Wheelchair-bound Confined to a wheelchair
Person with a learning difficulty	Retard Slow Simple
Person with Down's Syndrome	Downs Person with Downs
Challenges of mental health	Mental patient Psycho Schizo Mental

Useful resources:

<https://www.scope.org.uk/campaigns/end-the-awkward/>

<https://www.disability.admin.cam.ac.uk/about-drc/etiquette>

<https://disability-studies.leeds.ac.uk/publications/>