



## **People with Disabilities are People FIRST!**

We've all heard the terms "developmentally disabled," "learning disabled," "autistic," or "Down Syndromed" to describe an individual who happens to have a disability. By using the disability as a descriptor, we are promoting stereotypes (often unknowingly), and looking at individuals as a disability versus the person that they are.

People with disabilities, no matter what age or what disability they may have, are people first. They have individual personalities, interests, abilities, and needs. They are our children, sisters, brothers, mothers, and fathers. They are our neighbors, employees, and friends. Please join LifeScape in bringing awareness to People First Language and help spread the word to end use of the "R" word.

### **RESPECT...It's the NEW "R" Word!**

#### **Examples of People First Language**

##### **Don't Say.....**

The handicapped or disabled  
The mentally retarded  
Normal and/or healthy kids  
He/she's retarded  
He/she is autistic  
He/she's a Downs kid  
He/she's learning disabled  
He/she's a paraplegic  
He/she's crippled  
He/she's a dwarf or midget  
He/she's emotionally disturbed  
He/she's wheelchair bound  
He/she is in special education  
He/she has a problem with...  
He/she is brain damaged  
Birth defect  
Handicapped parking, bathrooms, etc.

##### **Please say.....**

People with disabilities  
People with intellectual disabilities  
Kids without disabilities  
He/she has an intellectual disability  
He/she has autism  
He/she has Down Syndrome  
He/she has a learning disability  
He/she has paraplegia  
He/she has a physical disability/mobility impairment  
He/she's of short stature  
He/she has an emotional disability  
He/she uses a wheelchair or has a mobility device  
He/she receives individual services  
He/she has a need for...  
He/she has a brain injury  
Congenital disability  
Accessible parking, bathrooms, etc.