

## Examples of People First Language

Say	Instead of
People with disabilities	the handicapped or disabled
he has a intellectual disability	he's mentally retarded
she has autism	she's autistic
he has Down syndrome	he's Downs
she has a learning disability	she's learning disabled
he has a physical disability	he's a quadriplegic/crippled
she's of short stature	she's a dwarf (or midget)
he has an emotional disability	he's emotionally disturbed
she uses a wheelchair or mobility chair	she's wheelchair bound she's confined to a wheelchair
he receives special education services	he's in special education
Typical kids kids without disabilities	normal or healthy kids
Congenital disability	birth defect
brain injury	brain damaged
Accessible parking	handicapped parking
she needs . . . or she uses . . .	she has a problem with . . .

*The difference between the right word and the almost right word  
is the difference between lightning and the lightning bug. --Mark Twain*

**"Disability is a natural part of the human experience..."**  
U.S. Developmental Disabilities Act & The Bill of Rights Act, 1993

The beginning of wisdom is to call things by their right names.  
--Old Chinese Proverb

If you have questions about People First Language, you should ask a person with a disability for advice or contact People First of Tennessee at (615) 713-1162.

The Arc Tennessee is a non-profit membership advocacy organization for people with intellectual and developmental disabilities. Membership is tax-deductible.  
Become a member of The Arc today by visiting [www.thearctn.org](http://www.thearctn.org)

