

## Appendix 2

# Language

*Language is very powerful. We have inherited many words and terms used to describe people with disability which are not favourable. If we can change our consciousness of what we say, we are more likely to also change what we do.*

Here is a reference about language.

Use	Avoid
Disability	Handicap — which means disadvantage. Not all people with disability are disadvantaged. Disadvantages usually occur because of the environment, or other people's attitudes.
People with disability	The disabled — this does not recognise people as individuals, but groups people together by labelling them, focusing on the disability rather than the whole person.
A person has, e.g. cerebral palsy	Afflicted with, suffering with, a victim of — it is an incorrect assumption that because someone has a disability they are in pain, misery, distress, suffering or tragedy and will be all their lives. A cerebral palsy/down syndrome etc — the person is not the condition itself.
Does not walk	Crippled — although a correct meaning word, it is a remnant of days gone by when "crippled" encompassed all disabilities and aroused pity.
Uses a wheelchair	Confined to a wheelchair / wheelchair bound — wheelchairs and other devices liberate people by giving mobility. This is the opposite to confining. People are not bound to wheelchairs – they get in and out of them!
Person	Case — a "case" is impersonal, medical and implies someone requires treatment or management.
Person without disability or able-bodied	Normal — what is "normal" anyway? A disability may be the only thing that suggests someone is different — that does not mean they are abnormal. It could well be asked if many people without disability are "normal"!!! "Normal" is a medical yardstick. What is "normal"? Perhaps it doesn't exist.
A person has, e.g. brain injury	Is a Vegetable — implies a lack of humanity and an absence of spirituality.
Deaf or hearing impaired	Deaf and dumb, mute.
A person who has cerebral palsy	A spastic.
Intellectual Disability	Mental Handicap or Retardation — "mental" like "cripple" is a remnant of days gone by when anyone who was a bit different was classified "mental something or other". Some countries still use this terminology. Australia does not.
Physical Disability	Deformed — this suggests a judgement of ugliness and disfigurement.