

# YMCA Childcare Resource Service

## RESPITE UNIT PROGRAM

### Examples of People First Language

<b>SAY:</b>	<b>INSTEAD OF:</b>
People with disabilities.	The handicapped or disabled.
He has a cognitive disability (diagnosis).	He's mentally retarded.
She has autism (or an autism diagnosis).	She's autistic.
He has a diagnosis of Down syndrome.	He's Down's.
She has a learning disability (diagnosis).	She's learning disabled.
He has a physical disability (diagnosis).	He's a quadriplegic/crippled.
She's of short stature/she's a little person.	She's a dwarf/midget.
He has a mental health diagnosis.	He's emotionally disturbed/mentally ill.
She uses a wheelchair/mobility chair.	She's confined/wheelchair bound.
He receives special ed services.	He's in special ed.
She has a developmental delay.	She's developmentally delayed.
Kids without disabilities.	Normal or healthy kids.
Communicates with her eyes/device/etc.	Is non-verbal.
Congenital disability	Birth defect
Brain injury	Brain damaged
Accessible parking, hotel room, etc.	Handicapped parking, hotel room, etc.
She needs . . . or she uses . . .	She has problems/special needs.