

## ***When You Meet A Person With A Disability...***

- \*First of all, remember that the person with a disability is a person.  
He or she experiences much of life just like anyone else.***
- \*Be yourself when you meet a person with a disability.***
- \*Talk about the same things you would with anyone else.***
- \*Offer help if you think the person needs it but wait until your offer is accepted.***
- \*Be patient.  
Let the person with a disability set his/her pace in walking or talking.***
- \*Don't be afraid to laugh with him or her.***
- \*Don't stop and stare when you see a person with a disability you do not know.  
He/she deserves the same courtesy as anyone else.***
- \*Don't be overly protective and attentive.  
He/she will feel your uneasiness, discomfort and apprehension.***
- \*Don't ask embarrassing questions.  
If the person wants to tell you about their disability they will bring up the subject.***
- \*Don't offer pity or charity.  
He/she wants to be treated as an equal and wants the chance to prove themselves.***
- \*Don't separate a person from his/her wheelchair or adaptive equipment.  
They may want/need them within reach.***
- \*Don't make up your mind ahead of time about the person with a disability.  
You may be surprised at how wrong you are in judging their interest and abilities.***
- \*Enjoy your friendship with a person who has a disability.  
His/her philosophy and good humor may give you inspiration.***

## ***Terms and Expressions***

*The following list illustrates examples of generally acceptable and unacceptable terminology:*

### **OUTDATED**

*Handicapped person*

*A blind person*

*A deaf person*

*Mute*

*Retard*

*Birth defect*

*Wheelchair bound*

*Crazy, Insane*

### **PREFERRED**

*A person with a disability*

*A person who is blind*

*A person who is deaf*

*A person without speech*

*A person with a developmental disability*

*A congenital disability*

*A person who uses a wheelchair*

*Mental/emotional disability*

**Avoid these words which have negative connotations:**

***Abnormal, Afflicted, Confined, Crippled, Defective, Deformed, Imbecile, Invalid,***

***Lame, Maimed, Palsied, Retard, Stricken, Sufferer, Victim and Withered.***