

CT REAL CHOICE FACT SHEET October 2006

General Tips

- Treat adults as adults
- Focus on what you have in common
- Wait to provide assistance until your offer is accepted
- Be yourself and don't be afraid to use the wrong word

It's our *intentions* that matter most!

RESPECTFUL LANGUAGE TO USE WHEN SPEAKING WITH A PERSON WITH A DISABILITY



People First Language

- Puts the person before the disability
- Establishes a common ground (i.e. we are all people)
- Shows respect

Respectful Language

- Offensive language was used in the past (e.g. crippled, retarded, victim)
- Saying these hurtful terms is no longer acceptable
- Refer to the table below for examples of acceptable terms

FOR EXAMPLE, SAY...	INSTEAD OF...
He has a cognitive or intellectual disability	He's mentally retarded
She's of short stature	She's a dwarf/ midget
He has a physical disability	He's a quadriplegic/ is crippled
Person who is hearing impaired	He's deaf
She has a mental health diagnosis	She's emotionally disturbed/ mentally ill
Children without disabilities	Normal or healthy kids
Accessible parking, hotel room, etc.	Handicapped parking, hotel room, etc.



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