

DISABILITY-INCLUSIVE LANGUAGE



A lot of our colloquial language can be harmful to people with disabilities. While not a complete list, this guide will help you begin make better, more inclusive choices with the words you use by providing some alternatives to common terms and phrases.

Instead of saying...

crazy	insane	dumb	idiot/idiotic	stupid/stupidity
-------	--------	------	---------------	------------------

...try these words:

ridiculous	absurd	outlandish	unexpected	silly	incredible
unbelievable	unpredictable	surprising	unanticipated	marvelous	
wonderful	spectacular	amazing	awesome	stunning	great
terrific	fantastic	unreal	extraordinary	miraculous	
dazzling	breathtaking	astounding	mind-blowing	sublime	

Instead of saying...

OCD	ADHD/ADD	hypochondriac germaphobe clean-freak	narcissistic	stupid dumb idiot
-----	----------	--------------------------------------------	--------------	-------------------------

...try these words:

organized	unfocused	concerned	conceited	uninformed
ritualistic	scattered	clean	self-centered	incorrect
type-A	disorganized	health-conscious	vain	unsubstantiated

Instead of saying...	...try these words:
blind.....	anonymous
tone-deaf.....	insensitive
fall on deaf ears	avoid ignore
turn a blind eye	misunderstand

Also Remember...

- ret*rd/ed is a slur and should never be used
- not to police or assume how people identify or their ability status