

Lame Cripple

"Special" Gimp

Spaz

Invalid

Handicapped

Impact of these Words

These words are often used to describe someone with physical disabilities as inferior or deficient and supports stereotypical beliefs that individuals with disabilities should be viewed as abnormal, substandard, and defective.

Alternatives to this Phrase

If we are not conscious of the impact that our words carry, we may inadvertently use the power of our voice to oppress and degrade others. Here are some alternative phrases/words that can be used to transform how we understand and relate with each other through our daily interactions:

- Person who uses a wheelchair
- Accessible (*instead of "handicapped" bathroom stall, parking space, etc.*)
- Person who is physically disabled
- People without disabilities (*instead of "normal" or "healthy" people*)
- Person with a disability

Whether or not we understand the power of our words, we still use them...

so what kind of impact do you want to make?

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