

How do you address ableism?



Did you know that your language and actions can be ableist? Ableism describes discrimination against disabled people in favour of non-disabled people.

Instead of saying:

Able-bodied, normal

Suffers from [name of condition or impairment]

Confined to a wheelchair, wheelchair bound

A diabetic person

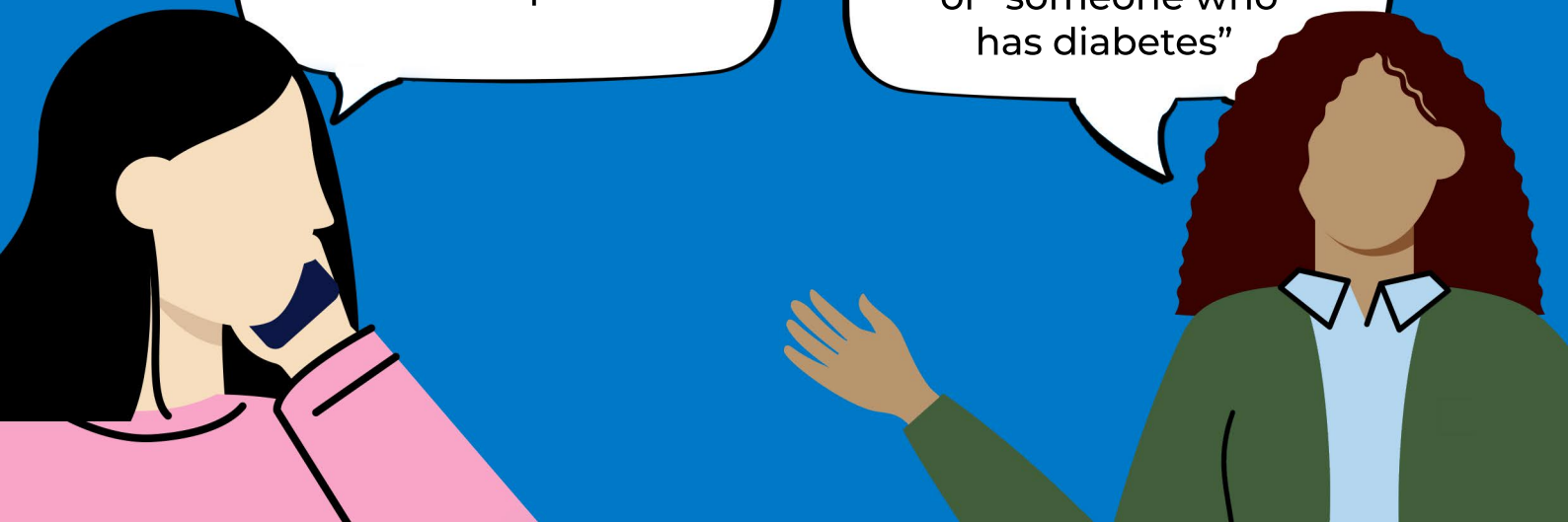
Say this instead:

Non-disabled person

Has a [name of condition or impairment]

Wheelchair user

A person with diabetes or "someone who has diabetes"



Tips for avoiding ableism

1. Don't patronise; use a normal tone of voice
2. Use neutral and objective language
3. Focus on abilities, not limitations
4. Educate yourself about disability issues