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