

**Don't say**

**Do say**

The disabled	disabled people; people with disabilities
Handicapped	Disabled
Suffering from; crippled by; afflicted by; a victim of	a person who has; a person with
Deaf and dumb	deaf without speech
The blind	blind; partially sighted; visually impaired people
The deaf	deaf people; people with hearing impairments
An epileptic	a person with epilepsy
Spastic	a person with cerebral palsy
Mentally handicapped; subnormal	a person with a learning disability
Mongol	Down's syndrome
Victim of spina bifida	person with spina bifida
Mental illness	mental health conditions
Confined to a wheelchair; wheelchair bound	wheelchair user