

Ableist Words and Terms to Avoid

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<https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html>

One important note: Many people who identify with particular disabilities or disability in general may use descriptors from this list in an act of reclaiming the language. You may well too! BUT if you do not identify with a particular disability/disabled identity, it's probably appropriative to use some of those terms. (Some examples are mad and cripp) + As a side note, political correctness has little, if anything, to do with basic human decency and respect for others, and my primary concern is, in fact, basic human decency and respect for others. Also note that I emphatically insist on referring to myself and my community as autistic, which is assuredly not the politically correct terminology.

**Blind to ___ / turn a blind eye to ___ / blinded by / double-blind review/
Deaf to ___ / turn a deaf ear to ___ / (Silence) is deafening/ Are you blind/ deaf??**

Consider instead: willfully ignorant, deliberately ignoring, turning their back on, overcome by prejudice, doubly anonymous, had every reason to know, feigned ignorance

Confined/ Bound to a wheelchair / wheelchair bound

Consider instead: uses a wheelchair, wheelchair-user, in a wheelchair, began using a wheelchair, needs or requires a wheelchair, is a full-time wheelchair-user (wheelchairs are actually liberating)

Crazy/ Cuckoo/ Bonkers/ Deranged/ Insane or Insanity Lunatic/ Madhouse / Mad / Madman/ Maniac/ Mental/Mental Case/ Nuts/ Psycho/ Wacko/Whacko

Consider instead: wild, confusing, unpredictable, impulsive, reckless, fearless, lives on the edge, thrill-seeker, risk-taker, out of control

Cripple/Crippled (by ___) / paralyzed (by ___)

Consider instead: Frozen by, stopped by, completely stuck, totally halted all operations (if using metaphors); physically disabled person, person with a mobility impairment, paralyzed person (if referring to a disabled person)

Daft/ Idiot(ic)/ Imbecile/ Moron(ic)/ Retard(ed)/[anything]-tard (examples: libtard, fucktard, etc.)/ [you belong on the] Short-bus/ Stupid

Consider instead: Uninformed, reckless, impulsive, ignorant, feckless, risk-taking, risky and dangerous, dipshit, narrow-minded, nonsensical, senseless,

Lame

Consider instead: Boring, uninteresting, monotonous, lacks excitement, uncool, out of fashion (if using metaphors); physically disabled person, person with a mobility impairment, paralyzed person (if referring to a disabled person)

Michele Kaplan @rebelwheelsnyc

What is ableism?

Ableism is a form of discrimination. The false idea that disabled people are by default, inferior. When in truth, disability is just another way for a mind and/or body to be.

<https://whatisableism.tumblr.com/about>

Talila Lewis's definition of ableism: "A system that places value on people's bodies and minds based on socially constructed notions of normalcy, intelligence & excellence..."

5 Ways to unlearn ableism

- Ask yourself what shaped your opinion on disability? Was it a reliable source?
- Disability is just another way for a mind and/or body to be.
- Disabled people are not here to educate you at your whim
(don't ask random strangers questions about their disability)

- Disabilities vary. Some are invisible. Stop looking for "fakers"!

For some, mobility is a fixed thing and for others, their mobility can vary day to day.

Mobility is a spectrum. That's why there are a wide variety of mobility devices on the market (motorized wheelchairs, manual wheelchairs, canes, seat canes, walkers, rollators etc.)

- Lastly, disabled people are not here for ableist comments.
Not here for your pity or inspiration!

Resources

Michele Kaplan @rebelwheelsnyc <http://rebelwheelsnyc.tumblr.com/>
<https://whatisableism.tumblr.com/>

Alice Wong- Disability Visibility Project @DisVisibility
<https://www.disabilityintersectionalitysummit.com/access-is-love>

Annie Segarra @annieelaine youtube.com/theannieelaine

Lydia X.Z. Brown @autisticchoya autisticchoya.net
<https://www.autisticchoya.com/p/ableist-words-and-terms-to-avoid.html>

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