

# TAKE ACTION

## RESOURCES AND SUPPORT



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## WORD MATTER, ACTIONS COUNT

**A Student's Guide to Building an Inclusive NUST**



## UNDERSTANDING DISABILITY

### The Definition

According to Article 1 on the UNCRPD, persons with disabilities include those who have long-term physical, mental, intellectual, or sensory impairments which, in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others.

### The Social Model

Shifting focus from “fixing the person” to “fixing the environment.”

### Our Stance

Inclusion is about removing the social stigma and physical barriers that exclude our peers.



## The language

### PEOPLE-FIRST LANGUAGE

According to UNPRPD, here are a few disability terminologies:

INAPPROPRIATE - DON'T USE ❌	APPROPRIATE - DO USE ✅
Normal person, healthy, whole	Person without a disability, non-disabled person, sighted person
The blind; the visually impaired	Person who is blind, person who has low vision; partially sighted person
Suffers from hearing loss, the deaf, deaf and dumb, deaf-mute	Person who is deaf, person who is hard of hearing; a deaf person, a deafblind person
Confined or restricted to a wheelchair, wheelchair bound	Person who uses a wheelchair, Wheelchair-user
Invalid; handicapped person; cripple, crippled, lame	Person with a physical disability
Suffers from, afflicted by, victim of	Lives with/has/experiences a disability/impairment
Mental' or 'mad, crazy, maniac, lunatic, insane, psycho	People with emotional disorders, mental illness, mental health disability, psychiatric disability
Mental handicap or retarded, slow, imbecile, feeble-minded	Person with intellectual disabilities or persons with learning disabilities
Disabled toilet/handicapped parking	Accessible toilet/parking for persons with disabilities

(UNPRPD Disability terminology chart)

### The Rule

Always put the person before the disability to recognise their dignity and equality.

