

# Using People First Language

People first language emphasizes the person, not the disability. Rather than saying “the disabled person,” you say “the person with a disability.”

Here are some tips for writing about people who are blind or visually impaired.

SAY THIS...	NOT THIS...
<i>Person with a disability</i>	<i>The disabled, handicapped, suffering from</i>
<i>Person without a disability</i>	<i>Normal, healthy, whole or typical person</i>
<i>Sighted</i>	<i>Someone who isn't blind</i>
<i>Person who is blind</i>	<i>The blind, person who is suffering from blindness</i>
<i>Person who is successful, productive</i>	<i>Has overcome their disability, is courageous</i>
<i>Accessible bathroom, workplace, etc.</i>	<i>Handicapped bathroom, workplace, etc.</i>
<i>The student who is blind won an award</i>	<i>Blind student wins award</i>
<i>Product helps people who are blind</i>	<i>Product helps blind people</i>

Vision loss, limited vision, low vision, and visually impaired are all okay ways to talk about someone who is not completely blind. It is common to reference “people who are blind or visually impaired.”

Simple changes in your writing can go a long way. Putting the person first helps us change attitudes that lead to higher rates of employment and a more inclusive world. These easy steps can be used when talking about any disability.

For more about reporting on disabilities, visit: [NCDJ.org/style-guide](https://www.ncdj.org/style-guide)