

Help make Conwy more inclusive!



20.5% of people in Conwy identify as disabled. This resource will help you talk about disability. We have made this to help Conwy be a more inclusive place so everyone can take part.

What is the Social Model of Disability?

The social model of disability was made by disabled people to show the world how to include disabled people.

Amdani! Conwy is guided by this model. It shows us what makes a person disabled are the barriers in society which make life harder for disabled people.

Disabled people are individuals with unique experiences and abilities. They do not need to be changed or fixed. Instead it is the world that should be changed to be more inclusive.



It's important to know the difference between impairment and disability.

Impairment is the thing a person has that is different, or missing or not working which affects how they live their life.

Disability is the way society makes barriers that limit disabled people's access to all sorts of things, like work, housing and public space.

What do we mean when we say "barriers"?

They often occur in different ways and prevent disabled people accessing lots of things. They can be:



Physical - buildings without ramps and inaccessible transport.

People's attitudes - Stereotyping and bullying.

Communication - Not having a sign language interpreter or no alternative way to share information.

All of society must work together to remove barriers.

The power of words

The words we say have the power to empower people. Words can also hurt, even if they don't mean to.

It is important to listen to people and understand how words make them feel. What may be acceptable today may not be in the future.

It is important to respect disabled people's right to self-identify their impairment on their own terms.

The table below compares negative terms to more positive terms.



WARNING: Some of these words are offensive and are potentially upsetting:

🙄 Negative terms		😊 More positive terms
The handicapped	Handicapable	Disabled people
The disabled	Differently-abled	
Cripples	Invalids	
People with disabilities	People with special needs	
Normal People	Able bodied people	
Learning disabilities	Retarded	Non-Disabled people
The Mental	Mentally disabled	People with learning difficulties
A spastic	Scopey	Person with a mental health condition
A Mongol	Mong	A person with Cerebral palsy
The Deaf	Hard of Hearing	A person with Down's Syndrome
The blind		Deaf person
The dumb		A person with a visual impairment / blind person
Midget	Dwarf	A person with a speech impairment
A victim of...	Afflicted by...	Little Person
Stricken by...	Suffers from...	
Wheelchair bound	Confined to a wheelchair	A person with (the particular medical condition)
Siamese twins		Wheelchair user
An Epileptic...	A Diabetic...	Conjoined twins
A Dyslexic...		A person with Epilepsy, Dyslexia, Diabetes...
Special Needs		
		Access Requirements