

## ACCESS SPORT INCLUSIVE LANGUAGE

One in five people in the UK consider themselves as a disabled person.

The 'Social Model of Disability' is a way of viewing the world, developed by disabled people. The model says that people are disabled by barriers in society, not by their impairment or difference. Barriers can be physical, like buildings not having accessible toilets. Or they can be caused by people's attitudes to difference, like assuming disabled people can't do certain things.

Access Sport believe in and follow the Social Model of Disability. Our use of the term 'disabled people' reflects this, as does our description of Deaf and Disabled people. The Social Model helps us recognise barriers that make life challenging for disabled people. Removing these barriers creates equality and offers disabled people more independence, choice and control.

From a Social Model perspective, there is a radical difference between impairment and disability:

Impairment is an individual's physical, sensory or cognitive difference

Disability is the name for the social consequences of having an impairment. People with impairments are disabled by society, so disability is therefore a social construct that can be changed and removed.



Access Sport works with disabled people, disabled peoples organisations, and partners to pro-actively ensure that disabled people have equal access to participating and volunteering in sport and physical activities as non-disabled people. In some situations certain adjustments are made, including where this involves time or money, to ensure that disabled people are not excluded.

From a Social Model perspective, the term 'disabled people' is a political term that people with impairments use to emphasise the social cause and nature of the exclusion and discrimination they face as people with impairments, disabled by society.

Non-Social Model language/Medical Model language such as "a person with disabilities" confuses impairment and disability and implies disability is an individual matter – something a person "has". It is the disabling barriers operating in society that disables a person not their impairments.



The Social Model of Disability states that the oppression and exclusion people with impairments face is caused by the way society is run and organised.

## Messaging, wording, better practice terminology



### Do use



### Do not use

Disabled person	The disabled, handicapped, crippled
Person or non-disabled person	Able-bodied person, normal person
Dwarf, person of short stature, person of restricted growth	Midget
Person with a certain condition or impairment	Sufferer
Wheelchair or mobility-scooter user	Wheelchair or mobility-scooter-bound or confined
Learning disability or person with an intellectual impairment	Retarded, backwards, slow, mentally handicapped
Deaf people/hearing impaired	The deaf
Blind people/visually impaired	The blind
Brain injury	Brain damage

### Examples in sport

Can you see the difference in the terminology and tone used?



#### Good example:

**In our sports club, disabled and non-disabled people are actively encouraged to join in.**



#### Bad example:

**In our sports club, able-bodied people love seeing the disabled join in around their club.**



#### More bad examples:

**Steve fights to inspire cerebral palsy sufferers**

**How cricket helped man overcome his disability**

**Wheelchair bound players find football 'weeely' challenging**