

Why say

non-disabled?





# Language MATTERS

Because words shape how  
we see each other

## Conversation starter...

- What do you think non-disabled means?
- Who is non-disabled?



**CCS**  
**disability action**  
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

## Think about...

- People 'have' impairments.
- People 'experience' disability.
- When a person is disabled it means they experience barriers that stop them from doing what they want to do, for example, getting inside a building, applying for a job or playing with their friends at the park.
- In contrast, when a person is non-disabled, they don't experience these same barriers.
- A person with an impairment who doesn't experience disability is non-disabled.

## Next time...

- If you are discussing disability issues, use the words non-disabled and disabled.
- Using non-disabled opens the conversation about what being disabled means.
- Highlight the difference between what people 'have' (an impairment) and what people 'experience' (disability).

Continue the conversation at

[www.ccsDisabilityAction.org.nz/language matters](http://www.ccsDisabilityAction.org.nz/language matters)