



LANGUAGE GUIDE

Surf Life Saving for People with a Disability



GLOSSARY OF TERMS FOR THE INCLUSION OF PEOPLE WITH DISABILITY IN SURF LIFE SAVING

<p>How should I describe a person with a disability?</p>	<p>If you have to mention that a person has a disability use "person with a disability". This emphasises the person first and their disability second, rather than defining them solely by their disability. Keep in mind some people may prefer "disabled person" so its good practice to ask first. You should avoid outdated or overly medicalised terms like "handicapped", "crippled", "invalid" etc. You should also avoid terms that have a negative implication such as "abnormal", "deformed", "crippled".</p> <p>It is also good practice to be specific when necessary, always putting the person first. You can use phrases like:</p> <ul style="list-style-type: none"> Person with a physical disability Person with an intellectual disability Person with low vision Person with a hearing impairment Person with down syndrome Person with cerebral palsy Person with limb loss Person with quadriplegia. <p>But the best way to describe a person who has a disability is to use their name and only mention disability if it's relevant.</p>
<p>How should I describe a person in a wheelchair or who uses mobility aids??</p>	<p>Use "person who uses a wheelchair" or "person who uses mobility aids" or "person who uses an assistive device". This emphasises the person first and the assistive device second. Avoid phrases like "confined to" or "wheelchair bound" or "restricted to" as this implies that the assistive device is a restriction when in fact it provides freedom and independence.</p>
<p>Should I say someone is "suffering" from their disability?</p>	<p>The term "suffering" and similar terms like "afflicted" can be seen as negative or pitiful, and most people with disability live healthy, pain free lives. Instead say "living with" or "has". This acknowledges the person's disability without casting it in a negative light or assuming their experience.</p>
<p>Can I say "special needs"?</p>	<p>This term is vague and can be seen as patronising or infantilizing. Be specific and focus on the person first, so it is better to use "person with a disability" instead.</p>
<p>Can I say "differently abled?"</p>	<p>This term is often seen as euphemistic and can be seen as avoiding the reality of disability. In general, it is best to avoid any euphemisms, be specific and focus on the person first, so it is better to use "person with a disability" instead.</p>
<p>Can I describe people without disabilities as normal?</p>	<p>It is best to avoid this and similar phrases such as "able-bodied". This term can be seen as implying that people with disabilities are not "normal," or "capable" which is not accurate or respectful. Use "person without disability" instead.</p>

Can I describe people with disabilities as inspiring or brave?	These phrases are often used to describe people with disabilities for simply living their lives and doing everyday things. This can be patronising, set limiting expectations on people with disability and can perpetuate harmful stereotypes. Instead use specific attributes or actions to describe the person's accomplishments accurately, rather than simply labelling them as "inspiring." This emphasises the person's individual achievements and avoids the implication that they are only inspirational or brave because they live with a disability.
How do I describe a surf sport event for people with disability?	There are a few ways to talk about this. Firstly, describe it the same way you would any other surf sport event. Additionally, SLSA offers surf sport events that are modified for competitors with a disability called Adaptive Surf Sport Events.
What does it mean to be "accessible"?	Accessible means something that is easy to approach, enter, operate, or use by people with disabilities (and everyone else).
What does it mean to make an "accommodation" for a person with disability?	Accommodations, also referred to as "supports", are changes made in a workplace, facility or program that enables people with disabilities to participate equally. People with disability have different and individual needs so all accommodations should be made in consultation with the person they are for.
What is an "adaptation" or "modification"?	Similar to accommodations, adaptations and modifications are specific changes made to equipment, rules, environments or communications in a workplace, program or facility to meet the individual needs of people with disabilities to maximise participation. People with disabilities have different and individual needs so all adaptations and modifications should be made in consultation with the person they are for.
What does inclusion mean?	Inclusion is the practice of involving and valuing everyone in society, including people with disabilities, regardless of their lived and living experiences.
What does diversity mean?	Diversity is the presence, recognition and acceptance of the range of peoples backgrounds, abilities, characteristics, cultures and experiences in the population.
What is classification or categorisation?	Classification, also referred to as categorisation in the context of sport for people with disability, is the process of grouping competitors based on their sport specific functional abilities to ensure fair and equal competition. There are specific rules and processes that govern this which are unique to each sport.
What does equity mean?	Equity is the principle of treating all individuals, regardless of their abilities, as individuals and providing them with access to supports, resources and opportunities based on individual needs.
What does equality mean?	Equality is the principle of treating all individuals, regardless of their abilities, the same and providing them with equal access to supports, resources and opportunities. However, it is important to be mindful that treating everyone the same may not always support true inclusion.
What is fairness all about?	Fairness is the principle of treating all people without bias and affording them opportunities to participate and succeed regardless of their abilities or disabilities.
What does it mean to be person-centred or athlete-centred?	Person-centred is a philosophy that emphasises the individual's needs and interests, as opposed to focusing solely on the role they play in a given setting (e.g. employee, volunteer, competitor etc). This helps the person feel empowered and ensures they have choice and control over their involvement. Athlete-centred is an extension of this philosophy and is often used in sport for people with disability to ensure that athletes are empowered to make decisions and take an active role in their training and competition.

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