Ableist Terms and Phrases

Barren
Refers to people who are infertile, carries sexist connotations as well as ableist ones.

Blind to ____ / turn a blind eye to ____ / blinded by ignorance/bigotry/etc.
Refers to Blind, low-vision, or sight-limited people.

Bound to a wheelchair (wheelchair bound)
Refers to people with physical or mobility disabilities.

Confined to a wheelchair
Refers to people with physical or mobility disabilities.

Crazy
Refers to people with mental or psychiatric disabilities.

Cripple/Crippled (by ____)
Refers to people with physical or mobility disabilities.

Deaf-Mute
Refers to Deaf or hard of hearing people.

Deaf to ____ / turn a deaf ear to ____ / etc.
Refers to Deaf or hard of hearing people.

Derp (also herp-derp and variations)
Refers to people with intellectual disabilities.

Dumb
Refers to d/Deaf or hard of hearing people, people with speech-related disabilities, or people with linguistic or communication disorders or disabilities.

Handicap(ped)
Refers to people with physical or mobility disabilities, and is usually a euphemistic phrase to avoid saying "disability" or "disabled."

Hearing-Impaired
Refers to d/Deaf and hard-of-hearing people.

Hermaphrodite
Refers to people with intersex conditions, whether or not they were coercively assigned to a particular sex/gender, and whether or not they currently identify with a binary gender.

Idiot(ic)
Refers to people with intellectual disabilities.

Insane or Insanity
Refers to people with mental or psychiatric disabilities.

Invalid (as a noun, as in "my neighbor is an invalid and never goes outside")
Refers to people with physical or mobility disabilities or chronic health conditions.

Lame
Refers to people with physical or mobility disabilities.
# Ableist Terms and Phrases

**Loony/Loony Bin**
Refers to people with mental or psychiatric disabilities.

**Lunatic**
Refers to people with mental or psychiatric disabilities.

**Madhouse/Mad/Madman**
Refers to an institution housing people with mental or psychiatric disabilities.

**Manic**
Refers to someone with bipolar (used to be called manic depression).

**Maniac**
Refers to people with mental or psychiatric disabilities.

**Midget**
Refers to little people or people with small stature or a form of dwarfism.

**Moron(ic)**
Refers to people with intellectual disabilities.

**Nuts**
Refers to people with mental or psychiatric disabilities.

**Psycho**
Refers to people with mental or psychiatric disabilities.

**Psychopath(ic)**
Refers to people with mental or psychiatric disabilities.

**Psycho(tic)**
Refers to people with mental or psychiatric disabilities.

**Retard(ed)/[anything]-tard** (examples: libtard, fucktard, etc.)
Refers to people with intellectual disabilities.

**[you belong on the] Short-bus/ that’s short-bus material/etc.**
Refers to people with intellectual, learning, or other mental disabilities.

**Spaz(zed)**
Refers to people with cerebral palsy or similar neurological disabilities.

**Special Needs**
Usually refers to people with learning, intellectual, or developmental disabilities, but can mean any person with a disability. Usually a euphemistic phrase to avoid saying “disability” or “disabled.”

**Stupid**
Refers to people with intellectual disabilities (i.e. “in a stupor”).

**Suffers from ____**
Can refer to any person with a disability.

**Wacko/Whacko**
Refers to people with mental or psychiatric disabilities.