

Do not assume you know what they want or need. Ask them!

Never use the "r-word!" (*Retard*)" Not as a joke and insult or to describe a medical condition. That term is hurtful, and outdated!

Comments like, "what a shame," a person with disabilities and caregivers feel bad.

Empathize with them (but do not feel sorry for them). Your compassion and understanding goes a long way!

If you are not sure what to do, remember the golden rule: do unto others, as you would have them do unto you!



Consider Special Needs person's Feelings

Do not refer to a person with a disability as a "Down syndrome boy" but rather a person with Down syndrome (insert other disability). People are so much more than their diagnosis!

Staring makes people with disabilities and their caregivers feel uncomfortable. If you are curious, come over and say Salam (*We do not bite* 😊)

If you find out someone has had a baby with a disability, do not say, "I'm sorry." This is hurtful. Every life is a miracle.