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Inclusive language isn't about saying the "right" thing, but rather about respecting diverse life experiences and being willing to learn from different perspectives. Below are some terms and concepts that may provide a useful starting point for continuing the conversation after today's show.

Ableism - a harmful set of beliefs that place value on people's bodies and minds based on societally constructed ideas of normalcy, intelligence, excellence and productivity

Accessibility - the design of products, devices, services or environments to ensure independent usability by people with disabilities

Adaptive fashion - stylish clothing specifically designed to meet the needs of people with disabilities, such as adding hidden magnets behind buttons for easier dressing

Authentic disability representation - the depiction of people with disabilities as whole people, not defined by their disability

Disability visibility - the celebration of differences that is made possible by highlighting disabilities and the people living with them

Equity - allocating resources based on needs in order to reach an equal outcome, which is distinct from **equality**, wherein everyone is given the same resources or opportunities regardless of circumstances

Infantilizing - the act of viewing or treating an adult with disabilities as childlike, such as speaking only to their caregiver or companion

Inspiration porn - harmful objectification of people with disabilities for the purpose of conveying an uplifting message

Person-first language - phrasing that emphasizes the person and implies their disability is only one part of who they are (e.g., "people with disabilities"), as opposed to **identity language** (e.g., "disabled people"), which embraces disability as a key attribute, like gender or race. Individuals may prefer one phrasing over another, so it's best practice to ask whenever in doubt

Social model of disability - the idea that disability arises from societal barriers, such as inaccessible infrastructure and ableist attitudes, rather than from the individual