

Disability Microaggressions

- Calling someone "wheelchair-bound" or "confined to a wheelchair" ("uses a wheelchair" is preferable)
- Saying that a person succeeded "despite their disability" or that they "overcame their disability" in order to succeed
- Depicting disability as tragic
- Assuming disabled people wish to not be disabled
- Suggesting that disabled people would be better off dead (e.g. *Million Dollar Baby*)
- Suggesting that disabled people who use assistive tools such as wheelchairs only some of the time are faking disability
- Calling disabled people "inspirational" or interpreting their stories as inspirational in a way that dehumanizes them
- Calling an accomplished disabled person "exceptional" and implying that other disabled people are less worthy and qualified for success.
- Touching and moving a disabled person or their wheelchair without their permission
- "Helping" a disabled person without obtaining their consent