

# WHAT YOU SHOULD KNOW ABOUT INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (I/DD)



## WHAT IS I/DD?

I/DDs are usually diagnosed in childhood. They can affect someone's personal, social, or academic abilities or their capacity to perform. That means that a person with I/DD may need support in one or more areas. Types of I/DD include:

- Intellectual Developmental Disorder (Intellectual Disability)
- Communication Disorders
- Autism Spectrum Disorder
- Motor Disorders
- Specific Learning Disorder
- Other Neurodevelopmental Disorders
  - e.g. Cerebral Palsy or Down Syndrome

## USE PERSON-FIRST LANGUAGE

Putting the person first and, if needed, the disability second, is a great way to show respect for people. So “person with a disability” is preferable to “disabled person.” Some people may prefer identity-first language such as “autistic person” instead of “person with autism.”



Hear how the “R” word affects the people we support at YAI.

### INSTEAD OF...

Handicapped or disabled person  
Wheelchair bound  
Deformed  
Nonverbal  
High/low functioning  
Normal or typical  
Mentally ill person  
Suffer from

### CONSIDER USING...

Person with a disability  
A wheelchair user  
Has a physical disability  
Does not use words to communicate  
Person who needs more/less support  
Neurotypical  
Person with mental illness  
Person with

## ASSUME COMPETENCE

A strength-based approach suggests you assume competence and adjust your approach, vocabulary, and tone as you become aware of someone's ability levels.



Meet Thais, a person supported by YAI.

## HUMAN RIGHTS

People with disabilities have the same rights as everyone else. Even if someone doesn't use words to communicate, they still have the right to make choices and pursue their interests. Find out how YAI staff support Thais at home and around her neighborhood.

## ABOUT YAI

YAI started as a pilot program in 1957 for seven people in Brooklyn, New York. Today, YAI has a team of more than 4,000 employees and supports over 20,000 people in the I/DD community. Operating in New York State, New Jersey, and California, YAI now offers more than 300 programs for people of all ages.

To learn more about how you can help, visit: [yai.org/get-involved](https://yai.org/get-involved)