



SECTION 2

Phab's Philosophy & Aim

Phab's Philosophy

Phab's philosophy is that all people are of equal value and have individual needs and rights.

Phab works within the Social Model of Disability which recognises that a disabled person is someone who experiences restrictions due to the way that society is organised, not because of their impairment.

The Social Model of Disability recognises that a disabled person is first and foremost a person and should be treated as such. Society and the environment need to change to allow individual people to be treated on an equal basis.

Other people's attitudes and physical barriers limit the participation of physically disabled people in society. One of the roles of Phab is to challenge attitudes and assumptions about disability. Assumptions are often perceived through language, so Phab always tries to use language that is appropriate and inoffensive. There is an exercise at the end of this section about appropriate language.

People are individuals whatever their circumstances and each and every individual matters equally.

Phab's Aim

To promote and encourage opportunities for physically disabled and non-disabled people to share experiences on a genuinely equal basis and thereby to contribute towards a fully inclusive society.

Phab's Objectives

- Put into practice the Social Model of Disability.
- Work towards changing attitudes and assumptions about disability.
- Fulfil the organisation's Equal Opportunities Policy.
- Co-operate with other organisations and individuals who identify with Phab's philosophy and are also working towards an inclusive society.

Phab's Statement of Intent

Phab works mainly through clubs and projects, which are set up within local communities. Phab clubs offer a programme, designed to enable physically disabled and non-disabled people to come together, usually on an age appropriate basis. Phab Clubs offer opportunities where people can access new experiences, increase insight into each other's differences and develop relationships, aiming to change fixed and rigid attitudes.

In a Phab Club, project or on an activity, each person can:

- Be themselves, develop their own personal self-identity and be accepted as individuals.
- Be involved as and when they choose, assisting each other through friendship and the sharing of skills.
- Fully develop individual potential.
- Develop personal relationships and friendships of choice. Some people may need particular support because they have been denied opportunities for learning and experimentation that are a normal part of growing up for most people.
- As a member of a group, participate in decision making, thereby acquiring transferable skills.
- Discover new life-skills and interests whilst learning about themselves and others.
- Enjoy themselves!

Phab and the Community

There is a great need for the philosophy of Phab to be understood, and to this end clubs are encouraged to be closely involved with Phab England and in their community for the purpose of promoting the aim of the organisation. Clubs should create and support work which motivates people and communities to meet their needs and take positive action by encouraging participation.

Appropriate & Inappropriate Language

As an individual or as part of a team, look at the following list of words and phrases and tick whether or not you think they are acceptable. Answers on the next page – Don't cheat!!

	Yes	No
Blind People		
Cripple		
Deaf & Dumb		
Disabled People		
Dwarf		
Handicapped People		
Impairment		
Mental		
Mentally Handicapped		
People with Disabilities		
People with Learning Difficulties		
Spastic		
Sufferer (e.g. she is a sufferer of epilepsy)		
The Disabled		
Wheelchair Bound		

Answers

Blind People – although this term is acceptable it is better to say 'People with Visual Impairments'. Very few people are totally blind.	<input type="checkbox"/>	
Cripple – originally this word referred to an old tree! It is deemed to be derogatory when used to describe someone physically.		<input type="checkbox"/>
Deaf & Dumb – dumb implies stupid. Deaf people are not stupid. It is more acceptable to say that 'someone is deaf without speech'		<input type="checkbox"/>
Disabled People – this is the most acceptable term to use when referring to disabled people. It accepts that a disabled person is just that – a person who happens to be disabled.	<input type="checkbox"/>	
Dwarf – although there is a condition called 'Dwarfism' it does not apply all shorter people.		<input type="checkbox"/>
Handicapped People – the term handicapped is considered offensive when used to describe disabled people. There are several beliefs as to the origin of this word, the most common one is that it was originally 'cap in hand' and refers to beggars. This term is acceptable to use in sporting terms.		<input type="checkbox"/>
Impairment – It is ok to say that someone has an impairment as that impairment is part of that person.	<input type="checkbox"/>	
Mental – this term is generally used to imply that someone is mad. People with mental health issues are not crazy, they are ill.		<input type="checkbox"/>

Mentally Handicapped – neither of the words in this term are acceptable (see previous explanations).		<input type="checkbox"/>
People with Disabilities – although this is viewed by many as an acceptable term it is better to use 'disabled people'. Saying people with disabilities is tagging people's disability (or impairment) on to them rather than accepting it as part of who they are.	<input type="checkbox"/>	
People with Learning Difficulties – this is the correct term to use instead of Mentally Handicapped People.	<input type="checkbox"/>	
Spastic – this historically describes someone with the condition Cerebral Palsy. It is no longer deemed acceptable to use.		<input type="checkbox"/>
Sufferer (e.g. she is a sufferer of epilepsy) – it is considered unacceptable to assume someone suffers from their disability.		<input type="checkbox"/>
The Disabled – this stereotypes disabled people into a group rather than recognising them as individual people.		<input type="checkbox"/>
Wheelchair Bound – this implies that a person in a wheelchair can not get out of it, that they are 'stuck' in a wheelchair. It is much better to say that someone is a 'Wheelchair User'.		<input type="checkbox"/>