

The Medical and Social Models of disability are two thinking processes on disability issues.

The Medical Model focuses on the individual's own physical or mental limitations, the disabled person is seen as the problem. Its view is based strongly on that of disabled people needing to be adapted to fit into normal society as it is. This model, which emphasises finding medically based cures, detracts from looking at the causes of exclusion and disablement. Making the disabled person as the problem by the following:

- Sickness
- Needs a cure
- Can't climb stairs
- Needs care
- Needs a doctor

The Social Model of disability focuses on environmental barriers and social attitudes as a crucial part of barriers to disablement. The disabled people's movement believes the restructuring of society will remove the majority of the barriers. Amongst the barriers in question are:

- Access to buildings
- Inadequate parking spaces
- Poverty and low income
- Inaccessible transport
- Poor job prospects
- Prejudiced Attitudes