

Topic: Resources for Young Adults

November 2007

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

Resource Types:

[Books](#)

[Articles](#)

[Web Sites/Organizations](#)

Library OPAC



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

Books

Adolescents with Limb Loss: A Handbook for Adolescents and Their Families / Nancy Bradley ... [et al.]. Revised edition. Grand Rapids, MI: Area Child Amputee Center, 1990. This booklet is for both parents and adolescents who have congenital or acquired limb loss. There are sections on the stages of adolescence, self-image, independence, school, recreation, driving, sexuality and dating, and vocations. It also contains basic information on types of limb loss, medical care and treatment issues, prosthetics and a resource section.

Coping With a Physically Challenged Brother or Sister / Linda Lee Ratto. 1st ed. New York: Rosen Pub. Group, c1992. ISBN 0-8239-1492-5. This book offers the author's personal account facing and mastering the experience of sharing a life with physically challenged people. It gives practical advice on how to cope with the feelings of being a family member of a person with a physical disability. It also includes a listing of further resources and other literature. (10 years - young adult.)

Coping With Being Physically Challenged / Linda Lee Ratto. 1st ed. New York: Rosen Pub. Group, 1991. ISBN 0823913449. The book gives guidance for young people on handling physical disabilities, with emphasis on problems faced by teens in school and dating. (12 years - young adult.)

Coping With Depression in Young People: A Guide for Parents / Carol Fitzpatrick, John Sharry. Chichester, West Sussex, England; Hoboken, NJ : John Wiley & Sons, c2004. ISBN: 0-470-85755-2. This book includes information on the usual steps that parents go through in dealing with depression in their children and teenagers. These steps include noticing something is wrong, accessing the best professional treatment and surviving.

Everything You Need to Know About Creating Your Own Support System / Anna Kreiner. 1st ed. New York: Rosen Pub. Group, 1996. ISBN 0-8239-2215-4. This book discusses how teenagers can create their own support system, a group of people in their lives to whom they feel connected and who can help them build skills and solve problems.

Everything You Need to Know About Depression / Eleanor H. Ayer. Rev. ed. New York : Rosen, 2001. ISBN: 0-8239-3439-X. This book for young adults explains what depression is, what causes it and how to get help.

Kids on Wheels: A Young Person's Guide to Wheelchair Lifestyle / [edited by Jean Dobbs]. Horsham, PA: No Limits Communications: Distributed by Leonard Media Group, c2004. ISBN 0-9712842-3-7. This book is written for kids and is about kids in wheelchairs living a full life. It provides encouragement and provides lots of Web sites and phone numbers that can lead to more information.

No Excuses: The True Story of a Congenital Amputee Who Became a Champion in Wrestling and in Life / Kyle Maynard. Washington, DC : Regnery Pub.; Lanham, MD: Distributed to the trade by National Book Network, c2005. ISBN: 0-89526-011-5. ESPY Winner Kyle Maynard was born with a limb difference, his arms ending at his elbows and his legs at his knees. This book chronicles his life and details how Kyle enjoyed competing in football and wrestling throughout middle and high school. Kyle went on to wrestle for the Georgia Bulldogs in college.

“Parenting Children and Teens With Limb Differences,” from the book **Atlas of Amputations and Limb Deficiencies: Surgical, Prosthetic, and Rehabilitation Principles** / American Academy of Orthopaedic Surgeons; edited by Douglas G. Smith, John W. Michael, John H. Bowker. 3rd edition. Rosemont, IL: American Academy of Orthopaedic Surgeons, 2004. ISBN: 0-89203-313-4. (Chapter 61 by John R. Fisk, MD, and Douglas G. Smith, MD, Chapter 63 by Joan E. Edelstein, MA, PT, and Chapter 64 by Donald R. Cummings, CP, LP). This atlas is a comprehensive reference on the surgical, prosthetic and rehabilitative

management of adults and children who have lost a limb or who have congenital limb loss. This source contains many images and illustrations.

Up and Running: The Jami Goldman Story / by Jami Goldman and Andrea Cagan. New York: Pocket Books, c2001. ISBN: 0-7434-2420-4. When 19-year-old Jami Goldman was forced to have her frostbitten legs amputated below the knee, it seemed like a tragedy. But when she became a world-class runner, Adidas spokesperson and motivational speaker, her fierce determination and extraordinary spirit had prevailed over misfortune. This is her inspirational story.

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Articles

“The Best Thing in the World”/ by Scott McNutt. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, July/August 2005. Twenty-year-old Jaymie talks about the transition of moving away from her small town, where everyone knew her since she was born with congenital, bilateral above-knee limb difference, to going to college. She was having a hard time adjusting to college life, but a chance meeting with another young amputee led to new prostheses and a new passion for mentoring children with limb difference.

http://www.amputee-coalition.org/inmotion/jul_aug_05/best_thing_in_world.html

http://www.amputee-coalition.org/inmotion/jul_aug_05/best_thing_in_world.pdf

“College Life and the Future” / Laura Tofinchio. Medfield, MA: Helping Hands Foundation, 2007. Article from the *Helping Hands Foundation Newsletter*, Fall 2007. This is the last of a five-part series detailing Laura’s daughter Brittney’s journey through childhood, high school and finally her years in college and her experience as a congenital bilateral, below elbow amputee.

“Driven to Drive” by Zach Foster. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, March/April 2007. Zach tells us about getting his driver’s license.

http://www.amputee-coalition.org/inmotion/mar_apr_07/driven_to_drive.html

http://www.amputee-coalition.org/inmotion/mar_apr_07/driven_to_drive.pdf

“A Force of Nature” / Bill Dupes. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, May/June 2005. At the age of 14, Nick lost four limbs to meningitis, which he contracted at summer camp. This is the story of how he has overcome obstacles and is thriving today.

http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.html

http://www.amputee-coalition.org/inmotion/may_jun_05/forceofnature.pdf

“Keeping the Dream Alive” / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July/August 2006. Eighteen-year-old Myles lost his leg above the knee to cancer at age 10, but that doesn't keep him from playing his favorite sport - basketball.

http://www.amputee-coalition.org/inmotion/jul_aug_06/keeping_dream_alive.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/keeping_dream_alive.pdf

“Have You Read Your [Parents] Insurance Policy Lately?”/ Frank Stewart. Knoxville, TN: Amputee Coalition of America, 2003. Article from *inMotion*, May/June 2003. This article looks at basic terms you may see in insurance policies, the types of insurance plans there are and provides answers to some common insurance questions.

http://www.amputee-coalition.org/inmotion/may_jun_03/insurance.html

http://www.amputee-coalition.org/inmotion/may_jun_03/insurance.pdf

“How Can I Do This? Challenges for the Upper-Limb Amputees Require Planning, Ingenuity and Innovation.”/ Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, Jul/Aug 2005. This article includes tips from college student Jessica Cox on dressing as a bilateral above elbow amputee.

http://www.amputee-coalition.org/inmotion/jul_aug_05/how_can_i_do_this.html

http://www.amputee-coalition.org/inmotion/jul_aug_05/how_can_i_do_this.pdf

“Notes From the Medical Director: Congenital Limb Deficiencies and Acquired Amputations in Childhood, Part 2: Emotional Response and Early Management” / Douglas G. Smith, MD. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, March/April 2006. Summary: Part 2 of this series on children with limb differences discusses emotional factors for parents and children, conflicts between children and parents, when prostheses are usually recommended, body image, and the challenges that children face when they transition into the adult healthcare system.

http://www.amputee-coalition.org/inmotion/mar_apr_06/congenital_part2.html

http://www.amputee-coalition.org/inmotion/mar_apr_06/congenital_part2.pdf

EZ Read HTML: http://www.amputee-coalition.org/easyread/inmotion/mar_apr_06/congenital_part2-ez.html

EZ Read PDF: http://www.amputee-coalition.org/easyread/inmotion/mar_apr_06/congenital_part2-ez.pdf

Spanish EZ HTML: http://www.amputee-coalition.org/spanish/easyread/inmotion/mar_apr_06/congenital_part2-ez.html

“Notes From the Medical Director: Congenital Limb Deficiencies and Acquired Amputations in Childhood, Part 4: Injuries, Amputations and

Children: Causes and Prevention” / Douglas G. Smith, MD. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July/August 2006. In Part 4 of a series on congenital differences and amputation and children and adolescents, Dr. Smith explores traumatic accidents and the main causes of acquired amputation among children. Dr. Smith also explains the surgical reasoning behind limb salvage and amputation surgeries.

http://www.amputee-coalition.org/inmotion/jul_aug_06/congenital_pt4.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/congenital_pt4.pdf

Spanish HTML: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/congenital_pt4.html

Spanish PDF: http://www.amputee-coalition.org/spanish/inmotion/jul_aug_06/congenital_pt4.pdf

“PARENTING: When the Victims Are Children” / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. Article from *inMotion*, March/April 2001.

Diabetes is the second leading cause of amputations in the U.S. Although they comprise only 3 percent of the total population, people with diabetes account for more than 50 percent of nontraumatic lower-extremity amputations. This article profiles Zack, a 13-year-old boy with Type 1 diabetes.

http://www.amputee-coalition.org/inmotion/mar_apr_01/parenting.html

http://www.amputee-coalition.org/inmotion/mar_apr_01/parenting.pdf

“NLLIC ACA Fact Sheet: Summer Camps for Children with Physical Disabilities” / Derrick Stowell. Revised 2007 ed. Knoxville, TN: Amputee Coalition of America, 2003. This Fact Sheet lists camps around the country that provide a summer retreat for children with physical disabilities, including information on the ACA Youth Activities Program (YAP) camp.

http://www.amputee-coalition.org/fact_sheets/kidscamps.html

http://www.amputee-coalition.org/fact_sheets/kidscamps.pdf

Spanish HTML: http://www.amputee-coalition.org/spanish/fact_sheets/kidscamps.html

Spanish PDF: http://www.amputee-coalition.org/spanish/fact_sheets/kidscamps.pdf

“NLLIC ACA Fact Sheet: Overcoming Childhood Obesity” / ACA staff.

Knoxville, TN: Amputee Coalition of America, 2006. This Fact Sheet explains that obesity is a national epidemic, and child and adolescent obesity rates are growing. Prevention and resources are discussed.

http://www.amputee-coalition.org/fact_sheets/overcoming_childhood_obesity.html

http://www.amputee-coalition.org/fact_sheets/overcoming_childhood_obesity.pdf

“Ready for Love”/ Jeremiah Pérez. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, January/February 2006. Stephanie Bastos discusses

her dating experiences as a woman with a below knee amputation during her teens and twenties.

http://www.amputee-coalition.org/inmotion/jan_feb_06/ready_for_love.html

http://www.amputee-coalition.org/inmotion/jan_feb_06/ready_for_love.pdf

“The Strength to Carry On: Amputees Share Their Secrets of Success” /

Rick Bowers. Knoxville, TN: Amputee Coalition of America (ACA), 2006. Article from *inMotion*, September/October 2006. This article highlights people who share their experiences as new amputees. Jessica shares her secret to getting back on her “feet” after losing both legs above the knee in a car accident. Manuel, 25, says that it took him two years to get over the anger after losing all four limbs in electrical accident at work.

http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.html

http://www.amputee-coalition.org/inmotion/sep_oct_06/strength_to_carry.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/sep_oct_06/strength_to_carry.pdf

“Taking a Ride on the Insurance Roller Coaster” / Jeremiah Pérez. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July/August 2006. Jeremiah discusses his insurance woes, strategies and victories since having a below-knee amputation at the age of 17.

http://www.amputee-coalition.org/inmotion/jul_aug_06/insurance_rollercoaster.html

http://www.amputee-coalition.org/inmotion/jul_aug_06/insurance_rollercoaster.pdf

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Web sites/Organizations

Consumer Guides for Getting and Keeping Health Insurance. Washington, DC: Georgetown University Health Policy Institute, 1998-. The Health Policy Institute has created comprehensive state-specific health insurance guides.

<http://www.healthinsuranceinfo.net>

Helping Hands Foundation. Medfield, MA: Helping Hands Foundation, 2002-. Helping Hands Foundation, Inc. is a nonprofit support group made up of parents who have children with upper-limb differences and who are concerned with the challenges facing the child and the entire family.

<http://www.helpinghandsgroup.org>

Insure Kids Now! A National Initiative to Linking Families to Low-Cost Insurance Programs. Rockville, MD: U.S. Department of Health & Human Services, Health Resources and Services Administration, [200-]-. Information on state health insurance programs for infants, children and teens that provide free or low-cost coverage.

<http://www.insurekidsnow.gov>

International Child Amputee Network I-CAN! / Bill Baughn. 1996-. This Web site contains information about an Internet mailing list that provides information and support contacts to children with absent or underdeveloped limbs and their parents.

<http://child-amputee.net/index.htm>

LessThanFour.org: An Online Community for Amputees / Josh Sundquist. [United States]: Less Than Four, [200-]-. Less Than Four is an online social network for amputees around the world. People with limb differences gather here to ask questions, find answers and connect with one another.

<http://www.lessthanfour.org>

LimbDifferences.org: An Online Resource for Families and Friends of Children With Limb Differences. [United States]: LimbDifferences.org, 2002-. This site is a continuation of the super-kids.org Web site and newsletter. The site aims to provide practical information as well as emotional support for families and friends of children with limb differences.

<http://www.limbdifferences.org>

National Amputation Foundation, Inc. [Anchorage, AK: Parents, Inc., 199-]. This foundation has scholarships for college students with a major limb amputation, who attend accredited universities as full time students.

<http://nationalamputation.org/scholar1.html>

National Youth Leadership Network (NYLN). Portland, OR: Portland State University Regional Research Institute, [2004]-. The National Youth Leadership Network (NYLN) is dedicated to advancing the next generation of disability leaders by promoting leadership development, education, employment, independent living, and health and wellness among young leaders representing the diversity of race, ethnicity and disability in the United States.

<http://www.nyln.org>

O&P Extremity Games. [Fraser, MI: College Park Industries, 2006-]. The O&P Extremity Games is an extreme amateur sporting competition for individuals living with limb loss or limb difference in the following sports: BMX and mountain biking, kayaking, Moto-X, rock climbing, skateboarding, surfing and wakeboarding.

<http://www.extremitygames.com>

Superhands: For Kids and Adults with Hand and Upper-Limb Differences / developed by Steve Geigle. [United States: s.n., 199-]-. Superhands is a forum for anyone to learn about and network with adults and youth who have hand or upper-limb differences.

<http://www.superhands.us>

YAZ: Youth Amputee e-Zine. Knoxville, TN: Amputee Coalition of America, 2000-. This e-Zine is an extension of the Amputee Coalition of America as part of their Youth Activities Program (YAP).

<http://www.amputee-coalition.org/yaz/index.asp>

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