



Limb Loss Awareness Month 2019

April 1

Let's kick off Limb Loss Awareness Month by turning Facebook orange! Show your support by changing your Facebook cover photos to LLAM! Check out the toolkit at AmplifyYourself.org.

April 2

Stay informed: 3.6 million people in the United States will be living with limb loss by 2050. Spread awareness by sharing this information on your social media platforms and tagging us.

April 3

Wear orange EVERY Wednesday in April. Whether it's a ribbon on your shirt or your lucky orange socks, share why you chose to wear orange. Post a pic of your orange flair to our Facebook page and #AmplifyYourself.

April 4

Did you know? Nearly 16,000 copies of *First Step: A Guide for Adapting to Limb Loss* were distributed in 2018. Call 888.267.5669, ext. 1, to request a copy.

April 5

Did you know? Lifetime healthcare costs for people with limb loss average \$509,275 compared to \$361,200 for people without limb loss. #AmplifyYourself and share this information on your social media channels and tag us.

April 6

Are you active on Instagram or Twitter? Show us your #amputee life hacks and tag us on Instagram @amputeecoalition or on Twitter @AmputeesUSA.

April 7

Haven't added our Twibbon to your Twitter or Facebook yet? (Not sure what a Twibbon is?) Today is the day to update that profile picture, #AmplifyYourself and speak out for others.

Step 1: Go to twibbon.com/Support/limb-loss-awareness-month and click "Login to add Twibbon"

Step 2: Login to your Facebook/Twitter account

Step 3: Select "Add to Twitter/Facebook" or "Add to Facebook," where you can preview your new profile picture and add a message to your timeline.

Step 4: Click "Add the Twibbon to Facebook/Twitter" and voila! Spread the love by sharing the Twibbon link.

April 8 – April 9

Hill Days! Whether you join us in Washington, D.C. or speak out in your community, please call, write or email your legislature to let them know about the care you need, and tell them that accessibility in the community and choosing the life you want to live are important to you and the nearly 2 million people living with limb loss in the U.S. Visit amputee-coalition.org/advocacy-awareness/grassroots-advocacy-center.

April 10

Wear orange EVERY Wednesday. Whether it's a college cap or your favorite shirt, tell others why you are wearing orange. Share your photo on Facebook or email us at amplify@amputee-coalition.org and #AmplifyYourself!

April 11

Did you know that 36 percent of people living with limb loss or limb difference experience depression?

April 12

Check out the Limb Loss Awareness Month proclamations we're sharing at amputee-coalition.org/advocacy-awareness to see if your state (or city) is among them. It's exciting to see all the regions that help support the community.

April 13

Help share the facts and prevent primary and secondary amputations. For example, 85 percent of lower-limb amputations are preceded by a foot ulcer.

April 14

Today is **Support Group Appreciation Day**. Post on our Facebook page or email us at amplify@amputee-coalition.org and we'll share your post. Connections count!

April 15

Did you know? There are 21 states that have passed insurance fairness laws that help make sure people get coverage for prosthetic care. Is your state one of them? Visit amputee-coalition.org/advocacy-awareness/state-issues and find out.

April 16

Certified Peer Visitors documented more than 1,600 peer visits in 2018. Request your own at amputee-coalition.org/support-groups-peer-support/certified-peer-visitor-program/request-a-peer-visit.

April 17

It's "Wear Orange Wednesday!" Whether it's your new spring tie or a great T-shirt, let the world know why you are wearing orange. We'd love to see your smile on our social media pages, too. Use the #AmplifyYourself in your post and tag our account.

April 18

There are an average of 507 amputations every day in the U.S. Plan to share this astounding statistic today at 5:07 to build awareness and #AmplifyYourself.

April 19

Today is **Peer Visitor Appreciation Day**! Have you had a memorable visit, a powerful connection or a great conversation? Honor them, and share your story and a photo. #AmplifyYourself.

April 20

56 percent of individuals who received materials from our National Limb Loss Resource Center improved their knowledge about assistive devices and prosthetic technology options.

April 21

97 percent of our National Conference attendees would recommend it to other members of the limb loss community. Register today at amputee-coalition.org/events-programs/national-conference.

April 22

Spread knowledge: Each year, more than 600 children undergo an amputation relating to a lawn-mower accident. It's just one type of limb loss trauma, but help it serve as a reminder by reposting from our Facebook page today.

April 23

Did you know you can subscribe to *inMotion* for free? We'll send six issues a year packed with stories of all kinds, medical and clinical updates, and much more. Call 888.267.5669 or sign up at amputee-coalition.org/limb-loss-resource-center/publications/inmotion.

April 24

It's the last Wednesday of the month and a perfect time to juice up your day with orange attire! From socks to lapel ribbons, add a color that grabs attention for limb loss awareness.

April 25

Thousands of people struggle with the complexities of insurance every year. If your claim is delayed or denied, visit AmplifyYourself.org and use our tool to write your insurer and say: "No is not an answer!"

April 26

Did you know that 3.6 million people will be living with limb loss in the United States by 2050?

April 27

It's the last Saturday in April and that means it's time to #ShowYourMettle. Share your favorite picture on Facebook, Twitter and Instagram, showing off your mettle – and your metal. Please tag us on Instagram @AmputeeCoalition, Twitter @AmputeesUSA and Facebook at facebook.com/AmputeeCoalition. #AmplifyYourself!

April 28

Today, share your appreciation of someone who has helped you on your journey: caregivers, family, friends, and clinicians. Celebrate those who support you by sharing it on our social media channels.

April 29

Did you know that almost 700,000 people visited amputee-coalition.org in 2018? If you haven't visited recently, it is a great resource for information, support and advocacy.

April 30

On the last day of Limb Loss Awareness Month, please take a minute to thank someone who has helped you along your journey, whether family, friend, caregiver or clinician.