

2022 Limb Loss and Limb Difference Awareness Month



April 1-30

Join the Amputee Coalition in recognizing April as Limb Loss and Limb Difference Awareness Month (LLLDAM). We are daring you to THRIVE in your social media posts and community engagement efforts.

Help spread awareness for the limb loss and limb difference community by completing as many **THRIVE Daily Dares** as you can during the month of April. As you dare, post what you are doing on social media using the hashtags **#LLLDAM** and **#LLAM**. Be sure to tag the Amputee Coalition so we can see your posts on our social media feeds. Our [LLLDAM webpage](#) and [LLLDAM Communication Toolkit](#) contains limb loss and limb difference awareness materials that can be downloaded and printed to support these daily dares.

1. **Wear Orange on Wednesdays Dare.** How much orange can you wear on Wednesdays in April?! Post your W.O.W. photos using hashtags **#LLLDAM #LLAM**. Amputee Coalition shirts can be purchased on the [Amputee Coalition Cafe Press store](#).
2. **Like/Follow/Tag Us Dare.** Like/Follow/Tag the Amputee Coalition on social media. If we are already connected, update your social media cover pages with our LLLDAM cover page image (download from our [LLLDAM Communication Toolkit](#)), include **#LLLDAM #LLAM**, and tag the Amputee Coalition. Together we will THRIVE in April and raise social media awareness in support of the limb loss and limb difference community!
 - [Amputee Coalition on Facebook](#)
 - [Amputee Coalition on Instagram](#)
 - [Amputee Coalition on LinkedIn](#)
 - [Amputee Coalition on Twitter](#)
3. **Tell Your Governor Dare.** The Amputee Coalition is working towards having at least one governor in each state support the healthcare needs of our community members. Get involved with [Advocacy Forum](#) and [Gubernatorial Proclamations](#)! Tell your local governor about insurance fairness and healthcare rights for individuals and families impacted by limb loss and limb difference. **#LLLDAM #LLAM**
4. **WeTHRIVE Dare.** Share with your friends, family and community why you raise limb loss and limb difference awareness, and how you THRIVE with your limb loss and limb difference. Post on social by tagging the Amputee Coalition and using these hashtags **#LLLDAM #LLAM #WeTHRIVE**. You can also submit a longer story using the [#WeThrive submission webpage](#).

5. **Awareness Visuals Dare.** Draw or photograph an image that spreads awareness about a limb loss and limb difference fact, statistic, or feeling. Post this visual using #LLLDAM #LLAM. Remember to include the fact or statistic, where it came from and the time period. Or, if it's a feeling, describe it so others can better understand. [Limb Loss in the U.S.A. Infographic handout](#) can be a helpful resource. #LLLDAM #LLAM #NoAmputeeAlone
6. **Appointment Awareness Dare.** During your next doctor, physical therapist and/or prosthetist appointments, raise awareness by dropping off [LLLDAM Communication Toolkit](#) materials and awareness ribbons. It is important that medical care teams are educated and have a patient-centered care approach for patients living with limb loss and limb difference.
7. **Hospital Partnership Program Dare.** Download our Amputee Coalition Hospital Partnership Program brochure from our [LLLDAM Communication Toolkit](#) and contact local hospitals and rehabilitation centers. Educate medical care teams about this free partnership program that will help meet and maintain CARE standards on peer support for facilities with amputation care designation. Hospital partners receive our resource materials and peer support services to share with patients and families along their limb loss and limb difference journey. For more program details and a list of current hospital partners, please visit our [Hospital Partnership Program webpage](#) #LLLDAM #LLAM #NoAmputeeAlone
8. **LLLDAM Awareness Ribbon Dare.** Help us raise limb loss and limb difference awareness by wearing or posting our orange #LLLDAM #LLAM. A digital image of our LLLDAM awareness ribbon can be found in our [LLLDAM Communication Toolkit](#). Amputee Coalition shirts with the orange LLLDAM awareness ribbon can be purchased on the [Amputee Coalition Cafe Press store](#). #WeTHRIVE #NoAmputeeAlone
9. **Healthcare Team Appreciation Dare.** If you have/had a supportive health professional or medical care team, share the positive impact they have made on your recovery and journey. #LLLDAM #LLAM
10. **Fundraising Dare.** Our [Fundraising Kit](#) provides fun and creative ways to raise awareness with impact during Limb Loss and Limb Difference Awareness Month. Donations in support of the Amputee Coalition's mission truly make a difference in someone's life. Post what you are doing, what you gave or just that reasons why you fundraise. #LLLDAM #LLAM! #WeTHRIVE
11. **LLLDAM Supporter Dare.** You do not have to be an individual living with limb loss or limb difference to support Limb Loss and Limb Difference Awareness Month. For those who are caregivers for loved ones with limb loss or limb difference, sponsors and donors, or friends or family members of our community, share why you support #LLLDAM #LLAM #NoAmputeeAlone
12. **Communicate with Words Dare.** Share a poem, essay, sentence, article, song lyric, or any written words that helps you be strong and/or paints a picture of what it is like to live with, or care for someone living with, limb loss or limb difference. #LLLDAM #LLAM #WeTHRIVE
13. **Community Connections Dare.** Help support your local limb loss and limb difference community with helpful resources. Check out the Amputee Coalition's NEW [Community Connections](#), a searchable database designed to provide a printable listing of national, statewide and local resources that can be most helpful for individuals and families throughout their journey. Post a link to Community Connections on social media and include #LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone
14. **Amputee Coalition Support App Dare.** If you are living with limb loss or limb difference, a family member caring for an individual with limb loss or limb difference, or an Amputee Coalition Certified Peer Visitor, please download the FREE Amputee Coalition Support App from the [Apple App Store](#), [Google Play Store](#) or [Web browser link](#). If you are already a registered App user, please share how you use the Support App and the links to download it on social media. Please include #LLLDAM #LLAM in your posts.
15. **One Boston Day Dare.** After the April 15, 2013 Boston Marathon bombings, communities around the world responded to violence and hate with love and selflessness. It was in that spirit that [One Boston Day](#) was born. While we are currently faced with uncertain and stressful times, what will you do to spread kindness and light on April 15 in honor of One Boston Day and #LLLDAM and #LLAM?
16. **Family Support Appreciation Dare.** How have your family and/or friends supported you throughout your journey and made a difference in your life? This could be your relatives or your limb loss and limb

difference family. Tell us about the importance of having a support system. #LLLDAM #LLAM

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17. **Community Accomplishments Dare.** Is there something you asked of your community to improve the lives of individuals living with limb loss and limb difference? Maybe you wrote a letter to the editor of your local newspaper asking that stores install electronic door openers. Or perhaps your City Council upgraded sidewalks and road crossing pavements. It could be there is something you or others in your community have asked for and are working on to change now. Tell us what is new or needed in your community and you can help inspire other communities to be more inclusive! #LLLDAM #LLAM

18. **Setback Storytelling Dare.** There may be setbacks along your journey which can be difficult to talk about. But talking about the hurdles and tough times are a true depiction of what those living with limb loss and limb difference can experience. If you've had a challenging time or ongoing issue during your journey, what have you tried? What solutions have you discovered? Share your reality. #LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone

19. **Caregiver Voice Dare.** If you are a family member caring for a loved one with limb loss or limb difference, your story is important too. Please share your journey and your reality as a caregiver.

#LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone

20. **Well-Meanies Dare.** We often hear that people say things with well intentions, but poor execution. We call those well-meanies. Did you ever have an experience with a well-meanie? How did you handle this situation? How has that impacted your communications with others? #LLLDAM #LLAM #WeTHRIVE

21. **Mindfulness Dare.** According to the Mayo Clinic, mindfulness is a type of meditation that focuses on being intensely aware of what you're feeling and sensing in the present moment while freeing yourself of interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. What do you currently do or plan to start doing to incorporate mindfulness in your daily life? #LLLDAM #LLAM #WeTHRIVE

22. **Orange Crush Community Dare.** In addition to wearing orange on Wednesdays in April, organize a day in your community (or social media community) to encourage all to wear orange for limb loss and limb difference awareness. Post pictures on our social media sites to highlight how you colored your community orange for #LLLDAM #LLAM. #WeTHRIVE #NoAmputeeAlone

23. **Peer Support Appreciation Dare.** Were you connected with a [Certified Peer Visitor](#) or [support group](#) at some point in your recovery? Do you volunteer in your community to pay it forward to others? Describe why you feel peer support is so important. #LLLDAM #LLAM #NoAmputeeAlone

24. **Words of Encouragement Dare.** What words of encouragement would you give to someone who has recently undergone an amputation, has a pending amputation, or is a parent of a child born with a limb difference? #LLLDAM #LLAM #NoAmputeeAlone

25. **Show Your Mettle Day Dare.** The last Saturday of April is "Show Your Mettle Day", a day to encourage and empower individuals show off their "mettle" (ie. prostheses, wheelchair, crutches, cane, etc.) This year, on Saturday, April 23, 2022, take a selfie, but not just of your face. Post a picture of you wearing your "mettle" and include the hashtags #ShowYourMettle #LLLDAM #LLAM #WeTHRIVE.

26. **Smash the Assumptions Dare.** Do you feel frustrated when people you meet in your community assume something about you that is simply not true? Tell us what you wish others would stop assuming. #LLLDAM #LLAM #NoAmputeeAlone

27. **Be Honest Dare.** What is something you have kept to yourself that you would like others to know? Being frank about your feelings can help others better understand what you need and want. Being honest with yourself, as well as others, can also be a huge leap forward in your recovery and journey. #LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone

28. **Share Your New Normal Journey Dare.** Describe how living with limb loss or limb difference has affected or changed your life. What was the beginning of your journey like? What diagnoses do you have along with living with limb loss or limb difference? Tell your community about any related symptoms or conditions. Knowledge is power. How are you doing now? Talking about your new normal journey may not be easy, but it can be empowering. #LLLDAM #LLAM #WeTHRIVE

29. Who is Your Hero Dare. Do you have a real-life hero? What are five words that best describe your hero? What makes your hero EXTRAORDINARY? #LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone

30. Community Events Dare. The Amputee Coalition's [Community Events Calendar](#) provides a searchable list of community events that help connect local communities and raise awareness while addressing issues that matter to the limb loss and limb difference community. If you have a future event that you would like the Amputee Coalition to promote, please submit event details through our [Community Events Submission Form](#). Post your future community event details on social media using #LLLDAM #LLAM #WeTHRIVE #NoAmputeeAlone.

Thank you for sharing how you THRIVE in support of raising limb loss and limb difference awareness in April. Continue to share your support for limb loss and limb difference year round!