



LIMB LOSS AND LIMB DIFFERENCE AWARENESS MONTH **APRIL 1-30, 2024**

#LLLDAMDARES

- **Wear Orange Wednesdays** Show your enthusiasm, creativity, and support for LLLDAM by wearing ORANGE every Wednesday beginning April 3rd! We want to see your brightest outfits- make sure to post photos and videos with the hashtags #WearOrangeWednesday and #LLLDAM to be featured. [Amputee Coalition shirts with the LLLDAM ribbon can be purchased here.](#)
- **Like, Follow, Tag Us on Social!** New to the Amputee Coalition? Stay connected by liking, following, and tagging the Amputee Coalition on Facebook, Instagram, Twitter/X, and LinkedIn. Take it a step further by updating your cover pages with our LLLDAM cover image to create greater awareness! For links to each platform, check out linktr.ee/theamputeecoalition
- **Tell Your Governor and Find Your Lawmakers** Does your state recognize April as LLLDAM? If your state has not already submitted a [2024 Gubernatorial Proclamation](#), would you complete a proclamation request? [Find your federal, state, and local representatives](#) and educate lawmakers on the laws and policies impacting the LLLD community.
- **Share Your #WeThrive Story** Celebrate all you have been through and all the hurdles you have overcome to get to this moment. Amputee Coalition invites you to share your authentic stories of what it's like to live with limb loss and/or limb difference, every raw emotion, triumph, and even setback. Your vulnerability may be just the motivation that empowers another to continue onward. [Share your story.](#)
- **Advocacy Awareness** You don't have to be a lobbyist to make a difference for yourself and the limb loss and limb different community! You can start advocating today right where you are. [Join the Advocacy Community on AC Connect](#) for dares, challenges, and conversations.
- **Raise Awareness at Your Next Appointment** Download our LLLDAM poster and bring some copies with you to your next doctor, physical therapist and/or prosthetist appointments or you can show them where they can download the toolkit from the AC website. You can also order a limited number of awareness ribbons to pass out.

Learn more about the National Limb Loss and Limb Difference Awareness Month at <https://www.amputee-coalition.org/events-programs/limb-loss-awareness-month/>.

- **Healthcare Team Appreciation** If you have or had a supportive health professional or medical care team who has been instrumental in your journey, we invite you to share the positive impact they've made on your recovery. Taking the time to show your appreciation can go a long way! Highlight them in a post on social media and make their day!
- **Youth** Do you know a young person between the ages of 10 and 17 who would benefit from life skills resources, mentorship, and community? Let them know about the Youth Engagement Program and help them register to get connected today! If you are a youth, take a step by taking advantage of our workforce development program or signing up for Youth Camp!
- **LLLDAM Ally** Anyone can support LLLDAM even if you aren't part of the community! If you are a caregiver for a loved one who has limb loss or limb difference, donor, friend, spouse, or family member, share why you support. If you're connected to the community in some way, April is the month to leverage your voice!
- **Learn about our Patient Navigator** who can assist with the healthcare continuum for your specific situation and question(s) including navigating health insurance coverage and guiding you through important questions to ask your health care providers. Patient Navigators are not case managers and cannot provide medical advice. [Connect with a Patient Navigator.](#)
- **Sources of Strength** Share a quote, sentence, poem, song lyric or any written words that help you stay strong or paint a picture of what it's like to live with limb loss or limb difference.
- **Community Accomplishments** Have you taken the initiative to see change made in your community? Maybe you wrote a letter to the editor of your local newspaper asking that stores install electronic door openers. Or perhaps you are a student pushing for greater accessibility on your college campus. It could be in the process of changing now! Share what is new or needed in your community and you can help inspire other communities to be more accessible! Share your story on #WeThrive.
- **Join and Engage with AC Connect** If you haven't already, [join AC Connect](#)! This online platform is a great way to connect with other members of the LLLD community through discussion threads. AC Connect has topic-specific communities including advocacy and National Conference as well as an open forum where you can ask questions and receive advice.
- **Practice Mindfulness** What do you currently do or plan to start doing to incorporate mindfulness in your daily life and how has it benefited you? Practicing mindfulness involves breathing methods, guided imagery, yoga, and other practices to relax the body and mind and help reduce stress.
- **Contact the National Limb Loss Resource Center** Our National Limb Loss Resource Center is a reliable source of information to turn to when you have questions about limb loss, limb difference, caregiving, advocating for people who have limb loss and/or limb difference. You can browse our online resources, request materials, or speak with someone Monday through Friday. [Contact the Resource Center and Request Materials.](#)

- **Peer Support Appreciation** Have you met with a [Certified Peer Visitor](#) or connected with a [peer support group](#)? Share how their guidance and encouragement impacted your journey and the value of seeking peer support. Submit your story highlighting the importance of peer support using the [#WeThrive submission page](#).
- **Words of Encouragement** 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? Submit your story using the [#WeThrive submission page](#).
- **Challenge the Assumptions** What assumptions have you heard about people with limb loss or limb difference that aren't true? Share an inaccurate assumption that was made about you, or one believed in about yourself, and what you'd prefer for people to know. [Submit your story on the #WeThrive submission page](#).
- **Be Honest** What is something that you have kept to yourself that you'd like to share during LLLDAM? Communicating your authentic feelings can help others better understand what you want and need. Being honest with yourself, as well as others, can also be a huge leap forward in your recovery and journey.
- **Join a Support Group** If you've been hesitant about joining a support group, we challenge you to try something new. The Amputee Coalition offers both virtual and in-person support groups around the country. These communities are a wonderful way to build relationships, receive advice and recommendations, and share your true feelings in a safe environment.
- **Show Your Mettle Day** Let's close out LLLDAM on the last Saturday of the month with "Show Your Mettle Day." This is a day to encourage and empower individuals to show off their "mettle" (i.e. prostheses, wheelchairs, orthoses, crutches, canes, etc.). On April 27th, take and share a picture with your mettle as a symbol of empowerment! Tag us!
- **Who is Your Hero** Do you have a real-life hero? Share a story about what makes them a hero in your life or a photo with your hero. [Submit your story using the #WeThrive submission page](#).