

# COMMUNITY SUPPORTS

## Why Social Supports are Important

According to Lee et al., (2020) “non-physical factors such as psychological stress and confidence levels can interact with physical disability and play an important role in predicting health outcomes in individuals with limb loss”. This indicates that individuals with limb loss have a better chance of recovery with social supports. Other research mentions that social supports and problem-solving assist in lower levels in anxiety and depression.

(Sjodahl et al., 2008; Desmond et al., 2006)

## Organizations

- [Amputee Coalition of America](#)
- [AWS Foundation Indiana Disability Resource FinderParkview Amputee Clinic](#)
- [Turnstone](#)
- [Abilities Expo](#)
- [Disabilities.gov](#)
- [Mental Health America](#)
- [Paralympics](#)
- [ADA Great Lakes Region](#)
- [Ohio State Adaptive Sports Institute](#)
- [University of Michigan Inclusive Sports](#)
- [Invictus Games](#)
- [Veterans Affairs \(VA\)](#) (T. McCullough, personal communication, December 2023)

## Resources for Children and Athletes

- [Adventure Amputee Camp](#)
- [Camp No Limits](#)
- [Adaptive Action Sports](#)
- [Challenged Athletes Foundation](#)
- [Endeavor Games](#)
- [US Amputee Soccer Association](#)

## Peer Mentor

A peer mentor is someone who has also been through limb loss and has lived experience of what daily life is like experiencing amputation. This individual can be a wealth of knowledge and help answer your patient's questions. Since peer mentors have also been through a major life-changing event, they can better describe and relate to emotions associated with going through an amputation. (Smurr et al., 2008)

## References

- Desmond, D. M., & MacLachlan, M. (2006). Coping strategies as predictors of psychosocial adaptation in a sample of elderly veterans with acquired lower limb amputations. *Social Science & Medicine*, 62(1), 208–216. <https://doi-org/10.1016/j.socscimed.2005.05.011>
- Lee, S. P., Chien, L. C., Chin, T., Fox, H., & Gutierrez, J. (2020). Financial difficulty in community-dwelling persons with lower limb loss is associated with reduced self-perceived health and wellbeing. *Prosthetics & Orthotics International*, 44(5), 290–297. <https://doi.org/10.1177/0309364620921756>
- Sjodahl, C., Gard, G., & Jarnlo, G. (2008). Transfemoral amputees' experiences of the first meeting and subsequent interactions with hospital staff. *Disability & Rehabilitation*, 30(16), 1192–1203. <https://doi.org/10.1080/09638280701521683>
- Smurr, L. M., Gulick, K., Yancosek, K., & Ganz, O. (2008). Managing the upper extremity amputee: a protocol for success. *Journal of Hand Therapy*, 21(2), 160–176. <https://doi.org/10.1197/j.jht.2007.09.006>