

# A Survivors Guide

## FOR THE RECENT AMPUTEE

WHERE HOPE MEETS US

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# The Barr Foundation

Helping Amputees Become "Whole Again"



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# INTRODUCTION

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This booklet has been prepared by The Barr Foundation, established in 1978 as a non-profit organization with the purpose of providing prosthetic rehabilitation for amputees who cannot otherwise afford it.

With a mission to advance education and community betterment for the amputees of the world, the Foundation strives to improve amputees' quality of life through access to proper prosthetic care and changes in the delivery system.

The Foundation carries out this mission through its efforts to help amputees of the world live healthy and productive lives with dignity.

It is our hope that this booklet will assist you in adjusting to, and coping with, the loss of a limb(s) and to help you attain your fullest potential.

You will be provided with pertinent information regarding amputation, caring for your residual limb, prostheses, returning to daily activities and a variety of other topics. It will also offer you encouragement from others who have traveled the same road.

The loss of a limb is a traumatic event, and the situation is often made more difficult because there are so many unknowns to with which one must deal. As you read through this material we will attempt to familiarize you with some of the terms and procedures that you may be hearing about and to provide you with some basic information.

As a recent amputee, you are facing a period of adjustment and challenge. We wish to come to you, through these pages, with a united voice that encompasses many personal experiences, to let you know that you can make those adjustments and to support you in facing those challenges. The loss of a limb is not the 'final chapter' in life; in many cases it is actually a new beginning.

Start by getting involved in interviewing and choosing your health care professionals. Work with them and take an active role in your rehabilitation.

Remember, the human spirit is not dependent on, nor determined by, your physical inventory.



## It's Here-The Amputee Survival Guide !!

❖ I wanted to say "Thank you!" - We have needed such a publication for a very LONG time! I think that you should offer to send copies to each and every rehab hospital, physical therapy, O&P practice, and children's medical center in the nation! It should certainly prove helpful to amputees across the board - traumatic or elective, regardless of level - and to their families. I only wish I had had the availability of a publication like this - in language that is clear and simple, but not condescending - when I became an amputee over 40 years ago, as well as in recent years when confronted with developing sores, poor fit, decreasing strength and flexibility, and similar "aging" issues. You have created a "bible" of sorts and it should be very helpful to many. Thank you for giving me the opportunity to comment.

**Carol A. Sheredos, PT, MA, Program Analyst**  
**National Center for Medical Rehabilitation Research**

❖ The BARR Foundation's recently published SURVIVOR'S GUIDE FOR THE RECENT AMPUTEE is FANTASTIC! It is everything I always wanted to see and more in a soft cover Amputee Owner's Manual...EVERYTHING! Every new Stumps 'R Us member will get one!

**Dan Sorkin, President/Founder**  
**Stumps 'R Us**

❖ I wanted to let you know the excellent response we have had from your Amputee Survivor Guide. I purchased 50 guides and we will have to reorder soon. Many patients and local support group members and new and old amputee all have remarked how informative your guide is. As an Ertl Amputee myself I personally felt the explanation of the procedure to be very concise. I only wish I had this information myself four years ago when I became an amputee. I plan to take as many copies as I can to Scotland and England next month when cycle again across the UK and visit other amputees at rehab facilities along my journey. On behalf of those of us in the greater Boston area thank you for your publication. I look forward to hearing about the other great work your foundation is doing.

**Daniel Sheret, Practitioner Assistant**

❖ This 28 page hand book, including photos, has been prepared and distributed thru the Barr Foundation, a non for profit organization, dedicated to helping amputees in the USA and abroad.  
<http://www.oandp.com/resources/organizations/barr/barr-donate.htm>

It is specifically designed and targeted exclusively for folks facing the possibility of amputation surgery, their families, recent amputees (and their prosthetists, physical therapists and surgeons ) and all people, to specifically understand and better deal with amputation, proper hygiene and caring for their residual limb and prosthesis, as well returning to their daily activities after limb loss.

You will be provided with pertinent information regarding amputation, caring for your residual limb, prostheses, returning to daily activities and a variety of other topics.  
It will also offer you encouragement from others who have traveled the same road. It is our hope that this booklet will assist you, your patients and their families. in adjusting to and coping with the loss of limb(s) and to help you attain your fullest potential. Remember, the human spirit is not dependent on ,nor determined by, your physical inventory.

**Anthony T. Barr**  
**Barr Foundation**

# ORDER FORM

## THE BARR FOUNDATION

A Non-profit Organization Dedicated to the Amputee

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