



We want to help you be as independent and safe as possible after your amputation. We want to build your confidence and your abilities; this may be from a wheelchair or with an artificial limb.

What you can expect

We want to work with you to have a go at everyday things such as:

- Washing and dressing
- Looking after your skin
- Using the toilet
- Looking after your other foot
- Moving around indoors and outdoors
- Living life well with your condition
- Getting on/off your bed, wheelchair, in/out of the car



What you can do:

- Keep safe in all activities that you do
- Talk to us about stopping smoking/ improving your diet
- Let us know what is important to you
- Have a go at activities and exercises suggested by therapists
- Tell us how the amputation has affected your life

What the staff will do:

The staff will encourage you to do as much as you can for yourself so that every activity you do is part of your road to recovery and independence.

Everyone's progress is different and whilst staff have lots of ideas about how to help you, they will also encourage you to come up with your own ideas as you are the person who knows yourself best.



Helping you to help yourself

Name:	Date:
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Please list things that are important to you in your daily life below:

Are there things that you would like to be able to do in your wheelchair or with your artificial limb? Please list below:

Please bring this sheet in with you on your admission for rehabilitation.



