

# Helping you to help yourself

We want to help you to be as independent as possible and help you to achieve all that you can.

We want to help you to live your life well and work on the things that matter to you.

## What you can do:

- Keep your artificial leg clean
- Clean your socks/liner daily
- Look after your other foot and keep your skin clean and healthy
- Make healthy lifestyle choices
- Wear suitable clothes and well-fitting footwear for activity

## We want to work with you to build your confidence to have a go at everyday activities for example:

- Being more active
- Getting out and about
- Being independent at home/in work/in school/ study
- Trying new hobbies
- Getting involved with groups



## after your amputation

### What your family and friends can do:

- Support you in doing things for yourself

### What the staff can do:

- Listen to your long term wishes and hopes.
- Find out what you would like to know and how you would like that information.
- Help direct you to groups/ clubs to help you achieve the things you want to do
- Help you to find ways of doing new things or look at new opportunities