National Limb Loss Information Center

Resource Center of Excellence

May 18, 2010
Atlanta, GA
Peer support: giving and receiving help founded on principles of respect, shared responsibility, and mutual agreement about what is helpful.

~Mead, 2004~
Peer support is defined by the fact that people who share like experiences can better relate and can consequently offer more authentic empathy and validation.

~Mead, 2004~
Foundations of peer support

*Peer principle*: affiliating w/ someone with similar life experience & having equal relationship is beneficial

*Helper principle*: being helpful to someone else is also self healing

*Empowerment*: hope, belief recovery is possible; taking personal responsibility

~Campbell, 2004; Clay, 2004~
COMPONENTS OF PEER SUPPORT

Informational support: sharing experiences & information; modeling effective skills

Emotional support: encouragement; reinforcement; decreased sense of isolation

Mutual reciprocity: shared problem solving; receiving & giving help on shared issues
Increased knowledge of self-care

Increased self-efficacy

Increased perceived social support

Increased positive mood

PEER SUPPORT OUTCOMES

~California Healthcare Foundation, 2006~
### Milestones: 1993-2010

<table>
<thead>
<tr>
<th>Category</th>
<th>Milestones</th>
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| Civilian   | • PWLL  
             • Family members, parents                                               |
| Military   | • PWLL  
             • Family members                                                     |
| VA         | • PWLL  
             • Polytrauma                                                     |
Earthquake in Haiti

- What You Should Know
- What the ACA Is Doing
- How You Can Help
- News/Media
- Medical Resources
- Contact

To reach out to and empower people affected by limb loss to achieve their full potential through education, support and advocacy, and to promote limb loss prevention.
Information & Medical Resources

- Wound care
- Mobility
- Recovery and readjustment
“Building a Life Worth Living” Project at msnbc.com