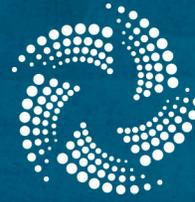


# Be Strong Daily Dares

April is Limb Loss and Limb Difference Awareness Month



amputee  
coalition™

Join the Amputee Coalition in recognizing April as Limb Loss and Limb Difference Awareness Month (LLAM). We are daring you to Be Strong in your social media posts and community engagement efforts.

Help spread awareness for the limb loss and limb difference community by completing as many **Be Strong Daily Dares** as you can during the month of April. As you dare, post what you are doing on social media using the hashtags **#LLAM** and **#LimbLossAwareness**. Be sure to tag the Amputee Coalition so we can see your posts on our social media feeds. Our [LLAM webpage](#) and [LLAM Media Toolkit](#) contains limb loss and limb difference awareness materials that can be downloaded and printed to support these daily dares.

Complete at least 17 Be Strong Daily Dares (in any order) in April to earn a limited-edition Amputee Coalition pin! Completed dares can be submitted to the Amputee Coalition using the [Be Strong Daily Dares submission form](#) or by emailing [LLAM@amputee-coalition.org](mailto:LLAM@amputee-coalition.org) through April 30<sup>th</sup>.

1. **Wear Orange on Wednesdays Dare.** How much orange can you wear on Wednesdays in April?! Post your W.O.W. photos using hashtags **#LLAM #LimbLossAwareness**. FREE orange LLAM awareness ribbons can be ordered through our main [store](#). Amputee Coalition shirts can be purchased on the [Amputee Coalition Cafe Press store](#).
2. **Like/Follow/Tag Us Dare.** Like/Follow/Tag the Amputee Coalition on social media. If we are already connected, update your social media cover pages with our LLAM cover page image (download from our [LLAM Media Toolkit](#)), include **#LLAM #LimbLossAwareness**, and tag the Amputee Coalition. Together we will Be Strong in April and raise social media awareness in support of the limb loss and limb difference community!
  - [Amputee Coalition on Facebook](#)
  - [Amputee Coalition on Instagram](#)
  - [Amputee Coalition on LinkedIn](#)
  - [Amputee Coalition on Twitter](#)
3. **Tell Your Governor Dare.** The Amputee Coalition is working towards having at least one governor in each state support the healthcare needs of our community members. Learn more about our [Hill Day from Home | Advocacy Forum](#), [50 Governor Challenge and Gubernatorial Proclamations](#) and tell your local governor about insurance fairness and healthcare rights for individuals and families impacted by limb loss and limb difference. **#LLAM #LimbLossAwareness**
4. **Your LLAM Why Dare.** Share with your friends, family and community why you raise limb loss and limb difference awareness, why you became an Amputee Coalition volunteer, or why you are connected with the Amputee Coalition's mission. **#LLAM #LimbLossAwareness**
5. **Awareness Visuals Dare.** Draw or photograph an image that spreads awareness about a limb loss and limb difference fact, statistic, or feeling. Post this visual using **#LLAM #LimbLossAwareness**. Remember to include the fact or statistic, where it came from and the time period. Or, if it's a feeling, describe it so others can better understand. [Limb Loss in the U.S.A. Infographic handout](#) can be a helpful resource. **#LLAM #LimbLossAwareness**
6. **Appointment Awareness Dare.** During your next doctor, physical therapist and/or prosthetist appointments, raise awareness by dropping off [LLAM Media Toolkit](#) materials and awareness ribbons. It is important that medical care teams are educated and have a patient-centered care approach for patients living with limb loss and limb difference.

View linked content at [www.amputee-coalition.org/be-strong-daily-dares/](http://www.amputee-coalition.org/be-strong-daily-dares/)

Amputee-Coalition.org | 888.267.5669

7. **Hospital Partnership Program Dare.** Download our Amputee Coalition Hospital Partnership Program brochure from our [LLAM Media Toolkit](#) and contact local hospitals and rehabilitation centers. Educate medical care teams about this free partnership program that will help meet and maintain CARF standards on peer support for facilities with amputation care designation. Hospital partners receive our resource materials and peer support services to share with patients and families along their limb loss and limb difference journey. For more program details and a list of current hospital partners, please visit our [Hospital Partnership Program webpage](#) #LLAM #LimbLossAwareness
8. **LLAM Awareness Ribbon Dare.** Help us raise limb loss and limb difference awareness by wearing or posting our orange #LLAM #LimbLossAwareness ribbon. LLAM awareness ribbons are available for free on the [Amputee Coalition store](#). A digital image of our LLAM awareness ribbon can be found in our [LLAM Media Toolkit](#). Amputee Coalition shirts with the orange LLAM awareness ribbon can be purchased on the [Amputee Coalition Cafe Press store](#).
9. **Healthcare Team Appreciation Dare.** If you have/had a supportive health professional or medical care team, share the positive impact they have made on your recovery and journey. #LLAM #LimbLossAwareness
10. **Fundraising Dare.** Our [Fundraising Kit](#) provides fun and creative ways to raise awareness with impact during Limb Loss and Limb Difference Awareness Month. Donations in support of the Amputee Coalition's mission truly make a difference in someone's life. Post what you are doing, what you gave or just that you are Fundraising for #LLAM #LimbLossAwareness!
11. **LLAM Supporter Dare.** You do not have to be an individual living with limb loss or limb difference to support Limb Loss and Limb Difference Awareness Month. For those who are caregivers for loved ones with limb loss or limb difference, sponsors and donors, or friends or family members of our community, share why you support #LLAM #LimbLossAwareness
12. **Communicate with Words Dare.** Share a poem, essay, sentence, article, song lyric, or any written words that helps you be strong and/or paints a picture of what it is like to live with, or care for someone living with, limb loss or limb difference. #LLAM #LimbLossAwareness
13. **Community Connections Dare.** Help support your local limb loss and limb difference community with helpful resources. Check out the Amputee Coalition's NEW [Community Connections](#), a searchable database designed to provide a printable listing of national, statewide and local resources that can be most helpful for individuals and families throughout their journey. Post a link to Community Connections on social media and include #LLAM #LimbLossAwareness.
14. **Amputee Coalition Support App Dare.** If you are living with limb loss or limb difference, a family member caring for an individual with limb loss or limb difference, or an Amputee Coalition Certified Peer Visitor, please download the FREE Amputee Coalition Support App from the [Apple App Store](#), [Google Play Store](#) or [Web browser link](#). If you are already a registered App user, please share how you use the Support App and the links to download it on social media. Please include #LLAM #LimbLossAwareness in your posts.
15. **One Boston Day Dare.** After the April 15, 2013 Boston Marathon bombings, communities around the world responded to violence and hate with love and selflessness. It was in that spirit that [One Boston Day](#) was born. While we are currently faced with uncertain and stressful times, what will you do to spread kindness and light on April 15<sup>th</sup> in honor of One Boston Day and #LLAM and #LimbLossAwareness?
16. **Family Support Appreciation Dare.** How have your family and/or friends supported you throughout your journey and made a difference in your life? This could be your relatives or your limb loss and limb difference family. Tell us about the importance of having a support system. #LLAM #LimbLossAwareness
17. **Community Accomplishments Dare.** Is there something you asked of your community to improve the lives of individuals living with limb loss and limb difference? Maybe you wrote a letter to the editor of your local newspaper asking that stores install electronic door openers. Or, perhaps your City Council upgraded sidewalks and road crossing pavements. It could be there is something you or others in your community have asked for and are working on to change now. Tell us what is new or needed in your community and you can help inspire other communities to be more inclusive! #LLAM #LimbLossAwareness

18. **Setback Storytelling Dare.** There may be setbacks along your journey which can be difficult to talk about. But talking about the hurdles and tough times are a true depiction of what those living with limb loss and limb difference can experience. If you've had a challenging time or ongoing issue during your journey, what have you tried? What solutions have you discovered? Share your reality. **#LLAM #LimbLossAwareness**
19. **Caregiver Voice Dare.** If you are a family member caring for a loved one with limb loss or limb difference, your story is important too. Please share your journey and your reality as a caregiver. **#LLAM #LimbLossAwareness**
20. **Well-Meanies Dare.** We often hear that people say things with well intentions, but poor execution. We call those well-meanies. Did you ever have an experience with a well-meanie? How did you handle this situation? How has that impacted your communications with others? **#LLAM #LimbLossAwareness**
21. **Mindfulness Dare.** According to the Mayo Clinic, [Mindfulness is a type of meditation that focuses on being intensely aware of what you're feeling and sensing in the present moment while freeing yourself of interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery and other practices to relax the body and mind and help reduce stress.](#) What do you currently do or plan to start doing to incorporate mindfulness in your daily life? **#LLAM #LimbLossAwareness**
22. **Orange Crush Community Dare.** In addition to wearing orange on Wednesdays in April, organize a day in your community (or social media community) to encourage all to wear orange for limb loss and limb difference awareness. Post pictures on our social media sites to highlight how you colored your community orange for **#LLAM #LimbLossAwareness**.
23. **Peer Support Appreciation Dare.** Were you connected with a [Certified Peer Visitor](#) or [support group](#) at some point in your recovery? Do you volunteer in your community to pay it forward to others? Describe why you feel peer support is so important. **#LLAM #LimbLossAwareness**
24. **Words of Encouragement Dare.** What words of encouragement would you give to someone who has recently undergone an amputation, has a pending amputation, or is a parent of a child born with a limb difference? **#LLAM #LimbLossAwareness**
25. **Show Your Mettle Day Dare.** The last Saturday of April is "Show Your Mettle Day", a day to encourage and empower individuals show off their "mettle" (ie. prosthesis, wheelchair, crutches, cane, etc.) This year, on Saturday, April 25, 2020, take a selfie, but not just of your face. Post a picture of you wearing your "mettle" and include the hashtags **#ShowYourMettle #LLAM #LimbLossAwareness**.
26. **Smash the Assumptions Dare.** Do you feel frustrated when people you meet in your community assume something about you that is simply not true? Tell us what you wish others would stop assuming. **#LLAM #LimbLossAwareness**
27. **Be Honest Dare.** What is something you have kept to yourself that you would like others to know? Being frank about your feelings can help others better understand what you need and want. Being honest with yourself, as well as others, can also be a huge leap forward in your recovery and journey. **#LLAM #LimbLossAwareness**
28. **Share Your New Normal Journey Dare.** Describe how living with limb loss or limb difference has affected or changed your life. What was the beginning of your journey like? What diagnoses do you have along with living with limb loss or limb difference? Tell your community about any related symptoms or conditions. Knowledge is power. How are you doing now? Talking about your new normal journey may not be easy, but it can be empowering. **#LLAM #LimbLossAwareness**
29. **Who is Your Hero Dare.** Do you have a real-life hero? What are five words that best describe your hero? What makes your hero EXTRAordinary? **#LLAM #LimbLossAwareness**
30. **Community Events Dare.** The Amputee Coalition's [Community Events Calendar](#) provides a searchable list of community events that help connect local communities and raise awareness while addressing issues that matter to the limb loss and limb difference community. If you have a future event that you would like the Amputee Coalition to promote, please submit event details through our [Community Events Submission Form](#). Post your future community event details on social media using **#LLAM #LimbLossAwareness**.

*Thank you for being strong in April in support of raising limb loss and limb difference awareness. If you completed 17 or more Be Strong Daily Dares, please complete the [Be Strong Daily Dares submission form](#) to receive a limited-edition Amputee Coalition pin.*