

Our World



and



My World

Limb Difference

# Unique

- No two people are the same. We are all **unique** in some way. For example, we have different **personalities, styles, likes and dislikes.**
- Everyone has something that they are really good at.
- Everyone has something that they find tricky and need to work a bit harder at.

# What is a limb difference?

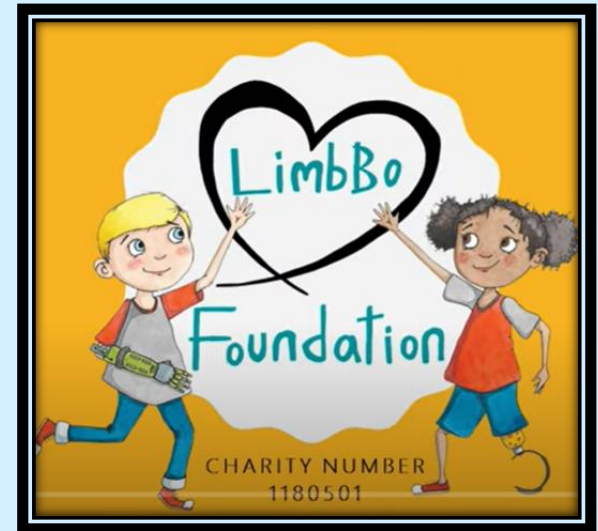
- A **Limb** is another name for the arms or legs.
- Limb differences are when an arm or leg is not shaped in the usual way. You are born with this difference. For example, a person's legs may be curved or one might be shorter than the other. Or, a bone in the arm may be short or missing. A limb difference that a person is born with is called **congenital**.
- A limb difference that happens after birth is called **acquired**. This is when someone has an operation to remove the body part because of severe **infection** or **injury**. This is called an amputation.

# Video about limb difference

**Are people born with  
limb differences?**

# More people than you think...

- People think that there are not a lot of people with limb differences, but there are!
- There are a number of different charities that support people with limb differences:



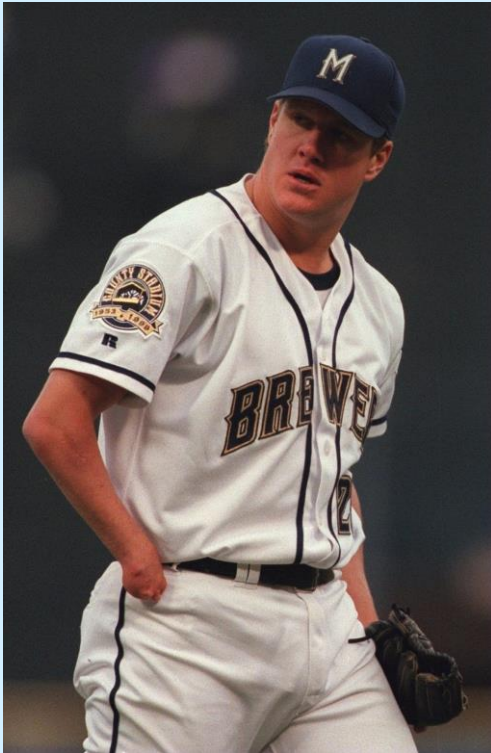
# Nicole Kelly – Miss Iowa 2013



Nicole has no lower arm on her left side.

She won Miss Iowa in 2013.

# Jim Abbott – League Baseball Pitcher



Jim was born without a right hand.

He became a major League Baseball Pitcher.

He wears his pitching glove on his right side.

# Tony Memmel



Jim was born without his left lower limb.

He is a singer and song writer.

He successfully plays guitar.



# Maureen Beck



Maureen has no left hand.

She is a gold medallist para-climber from Colorado.

She wears a covering on her limb to make climbing more comfortable and to give some grip.

# Cerrie Burnell – CBBC



Cerrie understood the importance of not hiding her difference.

# Yes we can...

- People with limb differences **can do almost everything** anyone else can do.
- **Never underestimate** or limit what a person can do.
- Having a limb difference does not stop people from **achieving their dreams**.
- It is all about the **attitude!**
- **Finding your own way to achieve is for everyone!**

# People may struggle

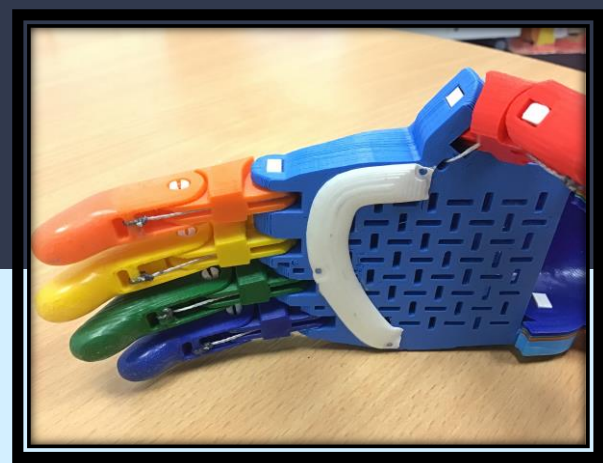
- Have a lack of confidence and low self-esteem.
- Feel unhappy or anxious and want to avoid the activities you enjoy, such as meeting up with friends and family.
- Feel self-conscious, shy, embarrassed or like you are on show.
- Feel isolated and alone – like you are different to, or even rejected by, other people.
- Feel upset, angry and defensive.
- Be unable to concentrate properly, have problems sleeping or experience nightmares or flashbacks.
- Feel like there is something wrong with you and worry about how you look a lot.

# How you can support

- Treat the person like you would treat everyone else.
- If you see someone struggling, ask if you can support/help.
- You might think it is interesting when someone has a limb difference, but please don't stare.
- Don't make a joke about the difference.
- It is ok to ask a about the difference, just be really caring and listen.



# Adaptations





# Adaptations



# Adaptations





# Celebrate you

- Don't let anyone knock you down.
- Think happy!
- Always get back up and try again.
- Reach for the stars.
- Be positive



How can we help?



**Live in our world.**

Remember we are all unique and all have our own strengths and struggles.

By being kind and understanding you can help other people in our world.