

PEER SUPPORT

LOWER LIMB **AMPUTATION** IN TASMANIA

PEER SUPPORT FOR PERSONS WITH LIMB LOSS AND LIMB DIFFERENCE



What is Peer Support?

Peer support is when people have a chance to talk and share their knowledge and lived experiences. Peer support for persons with limb loss means speaking with someone who has experienced amputation.

How can it help me?

A peer support volunteer can provide support for what you are feeling (emotional support), answer questions you may have and help you to feel like you aren't alone on your journey.

How am I matched up with someone?

Each peer support service does their best to match you with someone like yourself. This could mean you are matched by age, gender, type of amputation, cause of amputation, where you live or personal interests.

Will what I say be kept private?

Yes, because the peer support services mentioned in this brochure are managed services. This means that all the volunteers are registered, have had peer support training, a police check and have signed confidentiality agreements. What you talk about with a peer support volunteer will always be kept private.

Can my partner or loved-one speak with someone, too?

Yes, amputee peer support services can be helpful for your partner or loved-one. Some peer support volunteers are partners of people who have experienced amputation.





To get more information and arrange a peer support visit, or phone call, contact:

The Tasmanian Amputee Society is based in Tasmania and aims to have volunteers in all regions that can speak to you over the phone or arrange to meet in person.



Phone Lyn Johnson
(President and Peer Support Coordinator)
0439 963 836
Website: www.tasamputee.org.au

Limbs 4 Life is an Australia-wide organisation that can arrange peer support over the phone. They also have an extensive website with videos about living life with amputation.



Limbs 4 Life™
Empowering Amputees

Phone 1300 782 231 (Toll Free)
Website: www.limbs4life.org.au/peer-support

For more information, please visit
www.health.tas.gov.au/amputation



LOWER LIMB
AMPUTATION
IN TASMANIA

Connecting Tasmanians
to information and
support for their
amputation journey