

NAVIGATING LIMB DIFFERENCES



RESOURCE TOOLKIT

Information

Life Hacks

Supportive Communities

Camps & Programs

Adaptive Tools

Inclusive Products



LIMB DIFFERENCE
COLLECTIVE
FOUNDATION

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WELCOME TO YOUR HUG IN A BOX RESOURCE TOOLKIT

If you're holding this booklet, you've already begun a journey of connection, courage, and care. The "Parent's Companion" introduced the heart of limb differences — the stories, the feelings, the shared humanity. This booklet is here to help you take the next step: discovering tools, programs, and people who can support your child (or yourself) in everyday life.

Whether you're exploring adaptive clothing, looking for inclusive sports programs, or simply wondering what's out there — this guide is a starting point, not a finish line. It's filled with curated resources, community spotlights, and practical ideas to help you feel less alone and more equipped.

You don't have to read it all at once. Flip through, highlight what speaks to you, and revisit as your needs evolve. And remember: the Limb Difference Collective Foundation is always growing, learning, and listening. For expanded lists, updates, and new opportunities, visit our website anytime.

HOW TO USE THIS BOOKLET



Browse By Topic

Flip to the topic that fits your current need.



Visit the Website

This connects you to extended resources



Share with Others

Pass along details you know would help another



Reach Out

We welcome your stories, feedback, and additions

Accessible Clothing & Footwear

Celebrating comfort, dignity, and self-expression for every need.



Designed with care. Worn with Pride.

Adaptive clothing empowers kids to dress independently, feel confident, and move comfortably. These brands blend thoughtful design with everyday style - because inclusion should never mean compromise.



Adaptive Line (Kohl's)
Stylish Basics with easy on features like magnets & pull-up loops

Cat & Jack Adaptive (Target)

Affordable, sensory-friendly styles with adaptive fits



mimiTENS
Flat (no thumb) and flip top mittens that will keep limbs warm and stay on

"Finally, clothing that adapts to her, not that she needs to adapt to."

Tips & Considerations

- Look for magnetic closures or Velcro for easier dressing.
- Flat seams and tagless labels reduce sensory irritation.
- Adaptive doesn't mean boring - let kids pick styles they love!

Footwear Spotlight



Step-In Ease
Skechers



Stylish Support
Kizik



Zip, Wrap, GO
Billy Footwear

Many Brands offer free returns or try at-home options. Don't be afraid to test fit and function!

Useful Tools & Life Hacks

Smart solutions for everyday wins.

Adaptive Tools



Loop or Suction
Scissors



Button Hooks
& zipper pulls



Knorf



EazyHold
Straps



Dycem
non-slip
mats



Rocking T
Knife

Adaptive cutting board



Food
Chopper
with
Container

Electric jar
openers



Bike
Attachment



Touchscreen
stylus



Life Hacks

- Hang jackets on a doorknob to zip
- Voice commands and accessibility shortcuts on phone/tablet
- Use automatic dispensers for soap
- Long keychains or hinge clasps help on backpack zippers
- Modify game controllers or toys with 3D printed tools
- Wrap rubber bands around markers for better grip control

"I'm learning new tricks all the time. It feels good to do things my own way."

Check to see if your state has an adaptive technology program to try out some of these products before buying

Listen to the podcast where we talk about our favorite tools and solutions

Adaptive Athletics & Sports Organizations

Empowering kids through structured, physical play.

Access to Adaptive Sports programs are growing throughout the country. From local recreation programs to National Governing Bodies, there are opportunities for families to get their children involved in athletics in so many different ways.

MOVE UNITED

The national leader in community adaptive sports. Supports 245 member organizations in 45 states

GLASA

Year-round programming for 20+ sports and support for people with physical and visual impairments, ages 3+

IL Based

NUBABILITY

Hosts multiple sport, fishing, and hunting camps throughout the year for youth athletes who have limb differences

IL Based

DARE2TRI

Adaptive and Guide paratriathlon training and events for people with physical and visual limitations

IL Based

H2O ADAPTIVE

Partners with area organizations to provide snow and water skiing for people of all abilities

WI Based

CHALLENGED ATHLETES FOUNDATION

Events, Camps, Clinics and Grant opportunities for adaptive athletes

CA Based

**Play. Move.
Win. Grow!**

TEAM USA

The US Olympic and Paralympic organization provides elite competition and resources for athletes to find their sport. Para=Parallel

Find more programs and details on the website

Advocacy & Support Organizations

Connecting Families to support, resources, and community - wherever they are on their journey

Amputee Coalition

Peer support, education and advocacy. Hosts the National Limb Loss Resource Center

Helping Hands Foundation

Annual gatherings and educational workshops for youth to adults with upper limb differences

Limb Difference Foundation

Virtual meetings for adults with limb difference, by adults with limb differences.

Stronger Than You Think

Mentorship and motivational events for kids and adults with limb differences

Follow LDCF, too!

Beautifully Made

Events & Resources for families of children with limb differences.

Jordan Thomas Foundation

Prosthesis funding, mental health, and peer support for children and teens

Disabled&

Storytelling, resources, and advocacy for people with congenital and acquired disabilities

Hands to Love

Spring weekend event and resources for families of children with upper limb differences.

Moxie Adaptive

Support system for adults with limb differences, retreats and community support

"We found our people - and suddenly, everything felt possible"

Ways to Get Involved:

- ▲ **Connect**
Join a peer mentor program or virtual support group
- ▲ **Raise Awareness**
Share your story at school or in your community
- ▲ **Build Community**
Host a meet-up, playdate or resource table
- ▲ **Create & Advocate**
Start a mini campaign or design a kindness poster

This is a small list of the community groups available to people with limb differences. Visit our website, search online, or reach out to your therapy groups, hospital or social worker for connections

Camps & Programs

Year-Round youth camps and clinics across the US.



Adventure
Amputee
Camp (NC)



Dare2Tri Kids
Camp (IL)



Amputee
Coalition
Paddy



Camp Open
Arms (MD)

From Sports clinics,
to sleep-away
camps - there's so
many ways to find
your people!



Camp No
Limits
(FL, TX, IL, ID,
CT, MD, TN)



Hand Camp
Colorado



Camp Winning
Hands (CA)



Beautifully
Flawed
Foundation
Retreats (HI)



Nubability
Camps
(AZ, IL, MT, MN,
NC, TX)



LimbBo
Foundation
Adventure Day
(UK)



GLASA Camp
Trek (IL)



Never Say
Never
Pirate Camp
(FL)



Shriners Un-
Limb-ited
Camp (UT)



War Amps
Regional
Seminars (CAN)



Jordan Thomas
Foundation
Reunion (TN)



Hands To Love
Hand Camp (FL)



Visit the Events Calendar on our website for more camps
and celebrations!

Voices to Follow

Adults in the limb difference and people in the disability community are sharing their stories, skills, challenges and joy across social media, podcasts, stage and screen. These are figures who's content is shared publicly and are voices we celebrate.

April Lockhart

Disabled Fashion Girlie highlighting creatives through content and events with Disabled&.

Ryan Haack

Sharing life "Living One Handed", Speaker, author of "Different is Awesome".

Laura Clubok

OT with On the Other Hand Therapy sharing resources and support for adults & children with hand/arm differences.

Alex Barone

TV & Film Actor, Camp No Limits Leader & Mentor, & Author of "Buddy Mooney from Zappa Looney"

Bethany Hamilton

Pro surfer and author, sharing her story of limb loss and preservation

Hunter Woodhall

Bilateral lower limb amputee, Track Paralympian and advocate.

Ali Truwit

Swimming Paralympian and founder of Stronger Thank You Think, due to amputation from a shark attack.

Dani Aravich

Paralympian & co-founder of Culxtured focused on increasing coverage of para athletes.

Shaquem Griffin

Former NFL player, Emmy Award Winner, inclusion advocate and writer of "Inseparable".

Colleen Hood

The ultimate auntie and cheerleader with a limb difference!

Katy Sullivan

Tony Nominated Stage & Screen Actress, Track Paralympian with bilateral above knee amputations.

Melanie

Waldman

Actress, yoga instructor and "Disability Reality" podcast host after arm amputation from medical trauma.

Amy Purdy

Sepsis survivor who went on to be a NY Times Best-Selling author, actress, Paralympian, and entrepreneur.

Sarah Herron

Former reality TV contestant and now humanizing motherhood with a disability.

We follow these voices, and many more, with respect. They share their lives generously - we listen, learn, share when appropriate with our children, and cheer them on.

Hospitals & Clinics

Families across our community are utilizing the hospital systems and clinics for orthopedic care, prosthetics, and ongoing support.

Support Starts Here

Ann & Robert H Lurie

Children's Hospital

225 E Chicago Ave, Chicago, IL
luriechildrens.org

Shriners for Children Hospital

2211 N Oak Park Ave, Chicago, IL
22 Locations across North America
shrinerschildrens.org

Boston Children's

300 Longwood Avenue, Boston, MA
childrenshospital.org

Scottish Rite for Children

2222 Welborn Street, Dallas, TX
scottishriteforchildren.org

Children's Hospital of Philadelphia

3401 Civic Center Boulevard,
Philadelphia, PA
chop.edu

Rady's Children's Hospital

3020 Childrens Way, San Diego, CA
rchsd.org

Cincinnati Children's

3333 Burnet Avenue MLC 8006,
Cincinnati, OH
cincinnatichildrens.org

Appointment Tips

- Bring supplies to keep kids entertained and snacks in case of delays.
- Allow ample time to find parking, check in and get to the right place
- Ask front office for an accessibility map or extra support finding your way if needed.

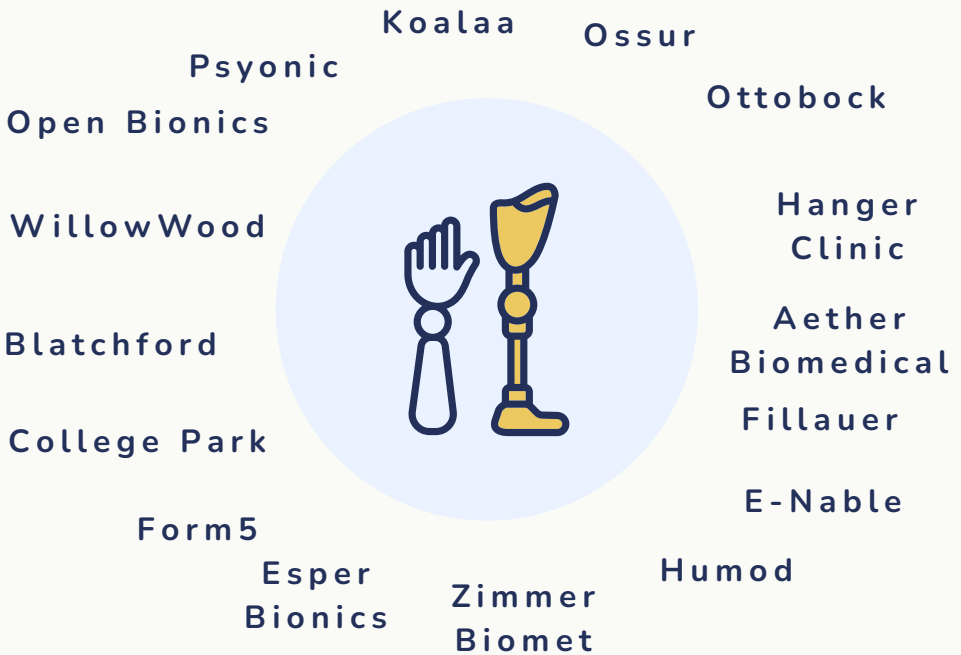
Prepare & Advocate

- If possible, get details from the hospital on what to expect ahead of the appointment
- You know your child and what they are capable of understanding and managing physically and emotionally.
- Talk to them in age appropriate ways about what they can expect from the appointment: who they'll be meeting with, what procedures will be complete (use dolls or toys to demonstrate)
- Many hospitals or organizations offer peer advisors, or support programs, events and recreation where patients and families can get to know doctors, therapists, and other families who 'get it'

*Information based on US News & Health Report

Prosthetics, Orthotics & Everyday Ingenuity

Technology is transforming limb difference care every day. These companies are leading the way in creating prosthetics and orthotics that empower individuals to move, play, and thrive.



TIPS FOR FINDING THE RIGHT PROSTHETIC



ASK QUESTIONS. Speak to your clinic about options, care process, and expectations



THINK LIFESTYLE. Discuss activities, comfort, and goals with families and professionals



TEST & ADJUST. Practice, attend fittings, and communicate any need changes.

The list represents just some of the major leaders and innovators in prosthetics and orthopedics.



You Belong Here

You don't have to know everything on day one



We do things our own way, and it's the best part about us!



Your child will amaze you

It's okay to feel everything.



Your child's limb difference will become a beautiful part of your family's story



Creativity leads the way



There is so much joy ahead



You're doing great



I wish I had know how much community would matter

Your child will find their own way to do most things. Encourage them to try.

Confidence grows here



Sponsor & Partnership

Join us in supporting the limb difference community. Your donations, sponsorship, partnership, or time, help provide essential resources and create lasting impact.

Our Partners



Code
PCWLD15
for 15% off
your order



**Join the
Pack**

**Join the
Pack**

Become a Partner

- Collaborate with our organization
- Make a positive impact in the community
- Gain recognition for your support

To Learn More Visit limbdifferencecollective.org

Contact us: info@limbdifferencecollective.org

About the Limb Difference Collective Foundation

Mission

Empower and support families and individuals with limb differences through community engagement, resources, and advocacy.

Initiatives

- Community events and meetups
- Educational resources
- “Hugs in a Box” care packages
- Advocacy and awareness campaigns
- Cool merchandise for purchase
- Partnerships with national and local organizations and businesses with inclusive products & services



You don't have to travel this
journey alone.
We're here when you're ready.

Contact us:



630-403-8076



limbdifferencecollective.org



info@limbdifferencecollective.org



Limb Difference Collective



[@limbdifferencecollective](https://www.instagram.com/limbdifferencecollective)



Illinois & beyond



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