

### Skills for Life 5 Comments (2018)

Breakout sessions for ADL/everyday living topics would have been good for amputee groups (quads, foot users, etc) so more specific info could be shared. Panels should have a representative from each amp group if applicable (ie ADL panel with foot user).

Great and informative conference. Heavy focus on prosthetic users, but I know most of the amps here are in that situation. I loved meeting other amps like me and being able to formally and informally share information. This is a great conference for adults. Thank you for all your hard work! It was neat to be at a conference with amps as well as those that help amps personally and professionally. Thank you for the opportunity to be here! I have made lifelong friends that I would not have otherwise.

It would have been good to sit down in groups with your own profession to discuss and compare treatment methods etc. Fantastic that so many persons with limb loss want to share their experience with such a large group of strangers. Thank you! It made a huge impression.

Amazing program - amazing speakers!

That was incredible. I am very happy to have been here. You just did a wonderful job. Thank you!

Overall this is one of the best conferences I have attended in my 22 years of professional experience. The best part is patients and providers experiencing together so many topics. Thank you for your efforts in making this happen. Awesome weekend! Learned tons as a clinician.

Re-introduce occupational therapy breakout session at pre-conference. Great topic on sepsis. Also excellent conversation and discussion on sexuality/intimacy. Overall great workshop and beneficial for clinical practice. Excellent skills for life five. Topics and presentation were beneficial and will be useful for my clinical practice. I will take all amputees questions, stories, suggestions, techniques, take-home messages and tips to empower my patients who are bilateral amputees.

Fantastic presentations overall – covering so many topics! Great room rate and proximity/ease to attend course. After the round tables! Food service with straws and cut up food was excellent.

Enjoyed conference again number three for me.

Extremely helpful for individuals with mamas and professionals to network/collaborate/share stories, and experience...life-changing.

Skills for life was fantastic! I have learned so much and met so many wonderful and giving people!

Everything was amazing! A lot of helpful tips and tricks and I'm super excited to share this information with other individuals who may benefit from all these resources/info! Thank you so much!

Great conference! I really enjoyed the panels. They were stimulating and informative. The videos of individuals completing their ADLs/tasks we're hopeful for visual learners. The set up of the conference made it easy to hear/see the screen and communicate with others.

Love to have the activity day was expanded! So beneficial and thought only options were wonderful.

I learned the most from listening to those living with limb loss. I enjoyed the social events this year, missed playing cards this year, but felt the "roof" setting was great for the Friday evening social. The activity day was fantastic! I hope Mike continues to do that, it was very informative and fun to watch! I also think the increased number of panels was great this year, again, I learned so so much from the speakers.

This workshop was the best and most beneficial amputation rehab seminar that I have ever attended. I have learned so much during the past four days. I am going home as a different therapist. Thank you. I have learned so much in this seminar has been a most valuable for day investment. Learning from amputees every day skills were most impressive. This course has answered my rehab questions and skills more than any other course that I have ever taken. They also provided many resources and available technology. Thank you to all involved committee members, sponsors, and most of all the patients for sharing your knowledge, skills and experience. I am already a different therapist!

This workshop has exceeded all of my expectations. All information provided was extremely beneficial. The experience of Sheard were beyond amazing and having the opportunity to meet and connect with other amputees is life-changing. Thank you!

This was a great environment and an amazing event from top to bottom and from beginning to end. If I didn't put a score on the presentation it's only because I missed seeing it. But I bet they were excellent also.

The treasure hunt was brilliant, and the cocktail party was a great way to meet others and socialise. Maybe next time make everyone sit on a different table each day, so they meet new faces. Loved seeing the adaptive devices in the exhibition hall and having an opportunity to speak with the people who make them...i now need to go shopping with them! Overall it as a great conference.

I really valued seeing what others do at home. The videos were priceless and somehow if there could be more open discussion, smaller groups break outs, even asking the amputees to sit in a circle and the OT's to stand behind and listen. Whatever it takes to create discussion and sharing ideas more and less one way speeches. BUT well done to you all. It was an enormous event and to bring so many people from so far away is a true testament to the value we all see and the respect we all have for what you are doing.

Simply put, Thank you. The conference was excellent, as usual!! Overall, it was well organized and an awesome experience!

Wonderful! I was thinking next time it might be good to have an area or table for ADLs with the exhibitors. Maybe certain attendees/speakers could man the booth for people to talk to them and see the things they use, and talk / problem solve.

I really love how perfect this event is for every side of this world. It is incredibly beneficial for patients, families, OT's, PT's, CP's, physicians and other healthcare providers alike!

I appreciate the give and take the panels – also that more time was allowed. Would have appreciated email addresses of presenters. Would have appreciated a history and have this workshop was begun, by

whom, when, etc. Kudos for the meals that were so easy to eat. Appreciated that the rooms were so close to the elevators. The networking was excellent - so willing to share, explain, educate us newbies. Ballroom was kept cool for those of us that are so, so warm! Thank you! Of all the talks I enjoyed Katy Hayes the most, it was good for leaving conference to increase inspiration.

Excellent organization of this event! Thanks for a great learning experience. Thank you!

Outstanding weekend as usual! Thank you organizers for making this possible. In the future, maybe consider having smaller breakout sessions for smaller more interactive learning sessions. Also consider having a small breakout to get like people together: OT is in one group, CPs in another, patients in another.

Best conference ever!!! Great job. It's been a while since I've cried so much, joyfully inspired by resilience and grit! The video documentation of this event should be a standard in the library at every trauma center in major cities for starters. Great organization, opportunities to network, learn, grow.

Thanks for everything. First experience and I learned so much. Thanks for helping me to come. Will make sure all of this trip worth it for a lot of people from Quebec.

Love the workshop as always! Great job guys!

Very well-planned. Good job.

This was my second time to attend and I was really overwhelmed by the media stories and incredible share knowledge. I believe I am going to get more involved in the future and would love to present in the future on an interesting topic. I was very impressed with the open communication and candidness have all the attendees. I learned so much in such a short period of time. It was a great mini week of learning and getting to know so many awesome people. I made many new friends and connections to assist me and my practice. One of the best put together conferences I have ever been to. Hats off to incredible program with so many impressive people and awesome speakers.

I think my number one take-home was the importance of being a great listener and learning from my patience. Therapy is so important, hobbies are so important, ease of usage is so important as well as weight when considering prosthetic care in plans. Are they processed it is so important to address the patients needs in an ever-changing insurance environment

A list of attendees or presenters with contact info would be useful. Email distribution would also work for a password-protected sight. The 15 minute session format is an effective approach I've not seen before. Short session format requires access to more information for those seeking more. A huge thanks to the sponsors!

I have learned much good things that I will take home and use when I meet my patient at home.

I always enjoy this event. The laid-back/patient centered format as much appreciated by conditions. Typically I will come away with one or two items/ideas from a professional conference, but with skills for life I can't write my notes fast enough. I think the facility was nice, less restricted then skills for life 4. It was appreciated that we had a true exhibitor Hall. Although it was sometimes cramps, it may have created more energy.

This is the best conference/meeting that showcases the BUE and Quad amputee population. It was a good mix of presentations by health professionals and the amputees. I would like to see in the future another workshop within the conference that was specific to the OT experience with these patients as we had in SFL4. It gives the OTs an opportunity to exchange ideas in a more intimate setting. Overall, great conference. I look forward to the next one. Thank you for the conference and information

I can't begin to express my appreciation! I learned so much and met so many wonderful people, and am purchasing items that people recommended for life hacks. It's just amazing what a wealth of information people shared. I loved the activity day, and as a result, am planning to purchase a recumbent bike in the spring, and am signing up for another exercise class so I can be more limber.

Thanks again for the amazing conference! I cannot tell you how wonderful it was to meet other arm amputees like myself.

### **Virtual Skills for Life 5.5 Comments (2021)**

We are all so capable and need to share ideas! Great balance. I enjoyed it all. Thank you.

I learned how to position a knife in my hooks so I can cut things easier and I say Mike using a razor that pivots in all directions which will help me shave easier.

There are many different ways for someone to accomplish the same task! The suggestions and modifications for everyday task among the various individuals with limb loss is invaluable as an OT new to the field of upper extremity limb loss.

The exchange of tips and tricks for ADL completion between attendees is absolutely invaluable - I love it!

There is an amazing community of people with bilateral upper limb loss that can be a great resource. ADL adaptations--amazing. They also can be used with people of other impairments. This is an amazing conference. Every OT should be required to participate in this conference. Do you market it to OT schools? If not, please consider that opportunity. Awesome experience. Well worth my time and attention.

As a person it's inspiring to see people meet daunting challenges. As a prosthetist it's an invaluable tool to see varied approaches. Thanks for managing to cover so many aspects

So wonderful to learn from the individuals with limb loss/difference the different Tips and tricks for daily skills. I was amazed at the amount of content in such a short time.

Learning about the awesome techniques individuals w/ BUE limb loss use to get ADLs done. I've been trying to find all of the YouTube links to be able to share w/ my patients and fellow OTs at Harborview.

This event was really wonderful. I wish I had known about it earlier in my career. I will add information about Skills for Life to our UE Amputee education packet that is issued to all new UE amputees. I will also see if we can add it to the standing items that are reviewed at the beginning of each meeting.

The event was really well done! Good job managing the virtual platform! I really appreciate the generosity of the people demonstrating ADLs in the videos and realize they may not want the videos shared w/ people outside the conference because of the personal nature. That being said, it is not very often that people with amputation of 4 limbs make it to our inpatient rehab and I think the OTs can be at a loss of what to do because of the lack of repetition. Would it be possible to have access the videos not on YouTube for teaching our patients and OTs the ADL techniques demonstrated? I wasn't quite sure if I only have access for 3 months via Whova?

Reach out to help others. Pay It Forward was excellent! Looking forward to in person.

Addressing ADLs with both commercially available and homemade items. It is good. It is so much better in real life, but I so appreciate the ability to take this to the amputees/limb loss community

Excellent! A big thank you to the sponsors and conference committee members. Everything was amazing!

I really appreciated the opportunity to hear about the lived experiences of people with limb loss! Especially with the round table discussions. As a future OT, I think it gave me excellent insight, and it will help me understand my future clients' wants and needs better :) Thank you so much for hosting this! Overall, I LOVE your passion and enthusiasm! And the whole event was very well organized. Looking forward to in-person next year!

Lots of helpful hints, motivation and inspiration! Great to see so many people like me. Great, and very well organized. So sorry that my computer kept kicking me out during my breakout., Several people helped, but my computer didn't respond. Glad that Mike was my backup and took over for me. Great organization.

Practical insights on meal prep! Watched with a group of O&P students who recognized the body mechanics and ergonomics used to perform the activities. Noticed the use of various tools as well as the function and limitation of the prosthesis. Thank you!! I love the idea and the conversation on "pay it forward". Great speakers with really big hearts. Thank you. Brilliant, practical, useful information to help us clinicians get a realistic perspective about function with bilateral upper limb loss. Thank you!

Each and every amputee situation is different and requires different solutions. This forum was wonderful to learn tips and tricks for each of us.

So many people using what they still have to maximize their quality of life. Amazing to pull this off so well in a virtual setting. Congratulations! Fantastic! Can't wait for the next one!

There are always tools and techniques we can incorporate to make life adaptable and accessible to everyone.

I really liked learning about the different prosthetic hands that are available to people to use. I especially liked the group that said that they worked with the whole person as opposed to just giving out the hand prosthetic and then the person walks away.

Very educational contents and very organized agenda. I would love to review the recorded sessions many many times after the event.

Eye opening of all products. Wish to see replay if meeting was recorded. Thanks to the organizers.

It was interesting for me to see the variations in prosthetics use from none to bilateral myos and everything in between, including unilateral prosthetics. My first time. I'll be back.

Staying connected, being informed over these past few years of turmoil with Covid. Makes such a necessary impact emotionally and physically. I felt the conference was organized and ran well.

I see such a positive response from some many different people. I was wonderful to meet new people while reconnecting with others. I have set up some meetings with some of the sponsors/vendors for next week. I truly appreciate how Enhancing Skills for Life and Amputee Coalition work with each other.

In person an virtual networking with others to learn about what is available. How to connect with and learn from others is so valuable. Very well organized, and relatively easy to use. I felt the format reflected Enhancing Skills for Life purpose. One of teaching, informing and bringing individuals within the bilateral upper limb loss/limb difference together. To educate, inform and share resources with compassion and understanding.

Anything is possible! Would like to hear about diet, psychology, and return to work. Great job! Would love to see videos incorporated into the live event somehow and the website

I am looking forward to watching the recorded content as was unable to attend live due to the time difference. As a therapist, it's a wonderful way to learn directly from those experiencing limb loss.

New education on Sepsis. Sepsis Alliance. Don't hesitate to get to healthcare. Peer support through Skills for Life extends beyond the meetings.

There isn't a "right" way. Everyone needs to find what works for them. The videos put together by participants in their home or natural environments were perfect.

EVERYBODY does things differently!!! and that's great:) Even though it was not in person it was great to see people on the screen. Always want more time but then we would never be off of zoom. Always enjoy in person but very convenient to zoom from home and not have to travel. Wish some camera angles could be different to capture more of the things that we needed to see

New techniques on meal prep, dressing, for UE amputees. exposure to new tech for UE Thank you for doing a great virtual platform Really exciting to have exposure at an OT to all of these great patient stories, experiences and techniques I can share with my own clients

New UE techniques for meal prep, dressing, bathing. Very insightful, thank you for having real patients demo! Excellent content, felt very inclusive

The unique obstacles and solutions presented by a members physical environment may have Had lower expectations as it was virtual but it was fantastic One of the most educational and enriching events