



Empowering

Amputees to reach their full potential through communication, education, and inspiration. We have a dedicated group of "Amputee Ambassadors" who have walked a day in your shoes and know what it takes to RUN!

Amputee Support Group Meetings

1st Monday of each Month

11am-12pm
Baptist Rehabilitation Institute - LR
Contact: Monica Heidentha (501) 246-6413

[RSVP](#)

3rd Wednesday of each Month

3 pm- 4 pm
NLR VA Hospital
Building #170 (Razorback Room)
Contact: George Sanders (206) 573-7866

[RSVP](#)

Lead By Example

A.B.L.E. advocates will tell you that what sets us aside from other organizations is that we don't just talk-the-talk. We walk-the-walk. Literally! In the words of A.B.L.E. Ambassador, Chris Madison, "If you have a dream, a desire, a goal, or a purpose; the only thing that is stopping you from achieving it is YOU!" But Chris isn't just giving you lip-service with these words; he practices what he preaches every single day. After a traumatic accident left him with a below the knee amputation, Chris grieved as anyone who experienced something that traumatic would. But then he did the unthinkable...he overcame. He conquered. He went on to realize every goal he set out to accomplish and continues to set new goals everyday. Just this month, he completed his first Iron Man Competition. He adds that achievement to his many race ribbons, including the 2014 Boston Marathon. He is an inspiration to us all and a true leader not only within our organization, but within the entire limb deficient community. See more activities like this.



"The first to help you are the ones who know how it feels to fall down." - Unknown

A.B.L.E. is a non-profit organization comprised of many dedicated individuals who have made it their mission to empower people affected by limb loss. We offer education, training, and support for anyone who desires it. We host monthly peer support group meetings for amputees and their loved ones; sponsor fundraising efforts for those who cannot afford prosthetic devices; and provide critical recovery information to make living with limb loss a little easier for everyone.

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About What We Do

Our Mission

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The Executive Board is comprised of dedicated members that handle daily operations of the organization. Our executive board members offer a variety of educational, social, and cultural backgrounds and are dedicated to making a difference in the amputee community. We are prosthetists, orthotists, doctors, patients, and physical therapists; and we are committed to creating awareness and enriching the lives we touch.



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FAQs

How often does A.B.L.E. meet for peer-support group meetings?

We have a monthly support group meeting that takes place on the second, third and fourth Mondays of each month. We alternate meeting locations between Baptist Rehabilitation Institute, NLR VA Hospital and various LR Rehab Centers and our new meeting place at Saline Memorial. We can also provide more impromptu meetings when requested by a rehab facility, hospital, or other source. Just let us know when you need us and we'll be there!

Who comes to A.B.L.E. meetings?

Anyone is invited! The group meetings are focused on providing support and knowledge for anyone facing limb loss. This includes the individual who has undergone an amputation, as well as their family, friends, caregiver, physical therapists, or anyone else interested in our cause. We offer a laid back atmosphere for all attendees to feel welcome and comfortable in sharing their story. We don't expect you to share if you don't want to, however, we just expect you to come have a good time with your peers.

Is there someone I can contact privately if I don't want to share my questions out loud?

Yes. We have a group of experienced amputees, seasoned veterans & expert prosthetic users, who make it their mission to aid new amputees in adjusting to life with limb loss. Having gone through an amputation themselves, they will be able to provide you first hand knowledge of their experience and relate to you on a personal level. Think of them as personal life coaches to get you back on your feet and functioning better than ever! They are all incredibly passionate, gracious people and are never too busy to lend an ear, or even a hand.

How do I sign-up to volunteer with A.B.L.E.?

Just send us an email, give us a call, or even just show up at our next meeting or event! We're always in need of more volunteers to help further our cause & we'd love to have you! For immediate attention, email your info to ablearkansas@yahoo.com.

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Activities

Peer Support Group Meetings

If you or someone you know is facing an amputation or has already undergone an amputation of one or more limbs, we are here to help. We have many experienced amputees who have overcome your same situation and gone on to live out their dreams. Now, they want to tell you about it & help you realize the same feelings of achievement. Our monthly meetings offer amputees from all walks of life a chance to share their stories and experiences and discover new, valuable information. We have local prosthetists, physicians, and therapists available to answer your questions; as well as first-hand accounts from other amputees and their loved ones. When it comes to limb loss, prosthetics, rehabilitation, social adaptation, and the like; we are your best and most convenient resource. We will do whatever it takes to help you overcome the struggles you are facing and hopefully inspire you to motivate someone else in your shoes. Please join us at our next meeting. We'd love to have you!

Create Awareness

Almost 2 million Americans are living with limb loss. Another 28 million people in our country are at risk for amputation. It's up to us to make sure these people have a voice...a voice that is heard, a voice that is respected, a voice that is rewarded. While the economy struggles and insurance companies tighten their restrictions for providing prosthetics, we are tasked with the responsibility to create awareness and provide helpful resources for those who wish to find success with a prosthesis.



Inspire Amputees

Life with limb loss should be considered LIMITLESS! The old saying goes, "where there's a will, there's a way." Well, if you have the "will," we'll provide the "way." And we promise you won't have to go at it alone. Our Ambassadors, who have dealt with amputations of their own, give a new definition to "ABLE-Bodied." With the support of their peers and medical team, they have gone on to set world records, raise beautiful families, climb mountains, swim across oceans, manage multi-million dollar companies, run marathons, hike unbeaten paths, and inspire millions. We also have professionally trained and board certified prosthetists volunteer their time and expertise to ensure your prosthetic success story is one for the record books. If you need help getting back on your feet, you can count on A.B.L.E.



Provide Limbs to the Limbless

Sadly, very few patients walk through our doors exclaiming "I want the best prosthesis money can buy. Cost isn't a factor!" With the current healthcare climate, patients are lucky if their insurance will cover a very rudimentary arm or leg; much less anything of higher sophistication. This is such a shame considering all that technology has to offer our amputees, but this isn't the end of the road for those seeking prosthetic treatment. We are committed to providing limbs to the limbless & have a number of resources to assist us in this process. We collect donated parts and host fundraisers to cover the cost of prosthetic devices & we won't rest until we have you at your BEST! So don't give up; just ask us to help, because we specialize in making dreams come true.

Educate & Empower

If this is the first time you've looked into obtaining more information about prosthetics or life with limb loss, and this is the first page you've come across, I'm willing to bet you have a buh-zillion questions. Actually, I'd even venture to say that you don't have a clue what questions to ask or to whom to ask them. Don't worry, you're not the only one who has suddenly been faced with a life-altering event of which they have no previous knowledge or experience. There are millions just like you and they've all needed questions answered too. A.B.L.E. delivers answers. We provide answers along with the proper educational and training tools you'll need to find the ultimate success with a prosthesis. We have endless resources and inexhaustible volunteers committed to your success. So, if you have questions, we have the answers. Visit our [contact](#) page to drop us a note or give us a call. We'll be happy to assist you with anything you need.

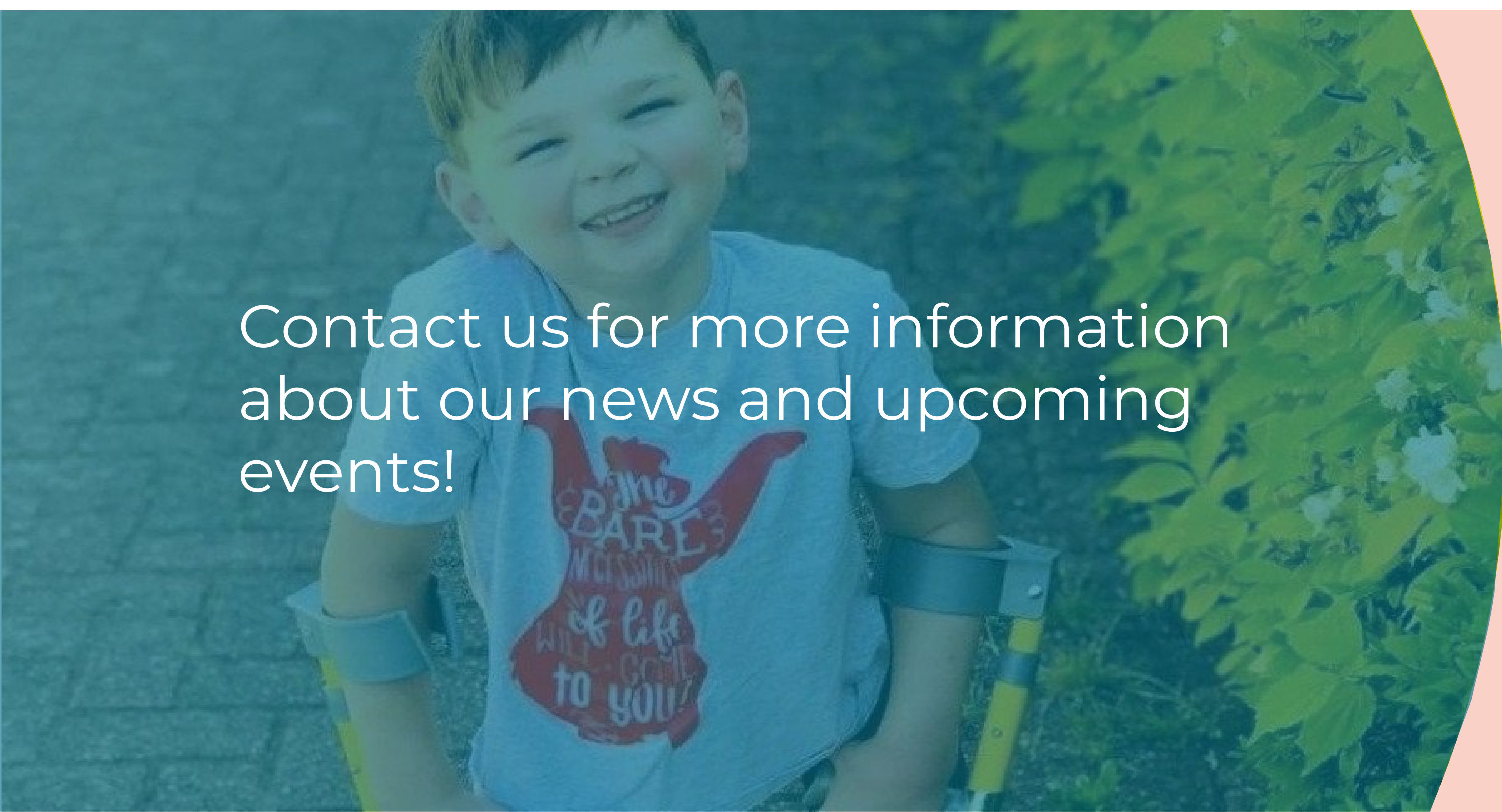
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News & Events

Peer Support Group Meeting Overview

Despite much training and care, your doctors, family members, friends, and even therapists may not fully understand your feelings after an amputation. To them, you are coping well — especially after getting a prosthesis. However, there are challenges that only fellow amputees and amputee support groups understand. They know firsthand what you are dealing with, and they can offer you a new perspective as you heal. If you are facing amputation or are a new amputee, joining an amputee support group will be extremely helpful as you work toward your recovery. Some of the most common reactions toward an amputation are feelings of denial, loneliness, and isolation. You may continue to feel alone after your amputation, even if you have loving family members and friends offering emotional and financial support. However, prolonged feelings of loneliness may hamper your ability to adjust to your new way of life. Meeting other amputees can change your perspective. It can show you that there are others like you who live positively. Non-profit organizations, such as Amputee's Beyond Life's Expectations (A.B.L.E.) and the Amputee Coalition of Arkansas, allow all amputees and their families to interact, educate, and empower each other on their journeys to better health.



Contact us for more information about our news and upcoming events!

Name

Email

Message

Contact Us

Support Group Meetings

It may be difficult sharing your experiences with your doctors, friends, or family. However, a support group gives you the opportunity to interact and share with fellow amputees who can help calm these feelings. Talking to someone who is going through the onset challenges of amputation, or who has already overcome them, can bring you great comfort. You will be free to speak your mind, share your concerns, and learn from the other amputees. Through such interactions, a desire to overcome the challenges will begin to replace your feelings of fear or incompleteness. Joining a support group provides you with a chance to learn from those who have already completed the amputation process. This, in turn, will also help you learn more about the amputations and prostheses themselves. As many have found, learning from peers is a great way of learning about life after your procedure. Moreover, through interactions with other members of the support group, you will also learn about the best orthotics and prosthetics labs available, which you can use to help yourself or to later share with other new support group members. Peer support group networks are a great place to give back through inspiration and support. They give a list of support groups near you where you can share your personal challenges and achievements, especially with the groups' newcomers. There is nothing more fulfilling and encouraging than knowing that despite your personal challenges, there are people who value your support and motivation. Through success stories, support groups motivate you to pursue your dreams and to continue living positively. Online support programs can also introduce you to more interesting economical and leisurely activities that amputees can safely enjoy. If you are unsure where to begin, you can start with the A.B.L.E. amputees Facebook page or the Amputee Coalition of Arkansas. Here you can read the victory stories of amputees who have been where you are and are now leading normal lives.



1st Monday of each Month 11am-12pm

1st Monday of every month from 11-12 p.m. at the Baptist Rehabilitation Institute, Little Rock, AR
Contact: Monica Heidentha (501) 246-6413



2nd Monday of each Month 11am-12pm

2nd Monday of every month from 11-12 p.m. at the North Little Rock Springhill Baptist Rehab, North Little Rock, AR
Contact: Lindsay Hicks (501) 398-1111



3rd Monday of each month 11 am - 12 pm

3rd Monday of every month from 11-12 p.m. at the Saline Memorial Hospital (Classroom #2), Benton, AR
Contact: Lindsay Hicks (501) 398- 1111



4th Monday of each Month 11am- 12pm

4th Monday of every month from 11-12 p.m. at the Conway Regional Rehabilitation, Conway, AR
Lead by: Amputee Coalition of Arkansas
Contact: Allan D. McElhane (501) 551-6102



3rd Wednesday of each Month 3 pm- 4 pm

3rd Wednesday of every month from 3-4 p.m. at the North Little Rock Veterans Hospital Building #170 (Razorback Room), North Little Rock, AR
Contact: George Sanders (206) 573-7866

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Contact Us

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ablearkansas@yahoo.com
Tel: (501) 663-2908
Fax: (501) 663-3994

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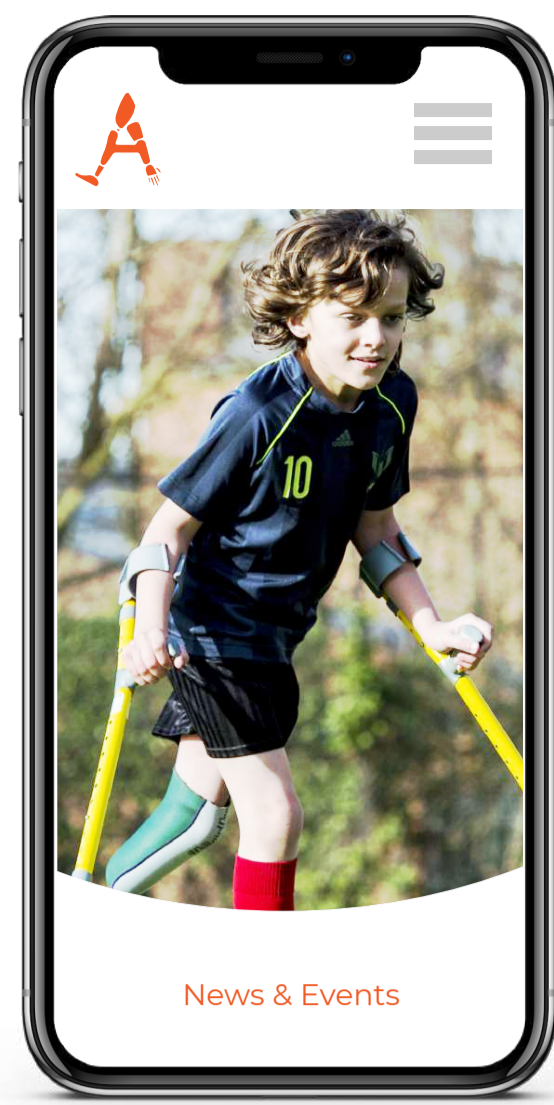


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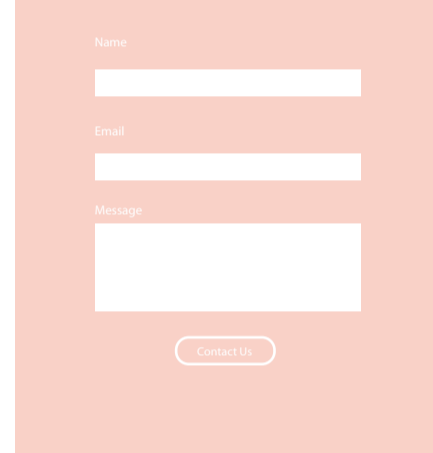
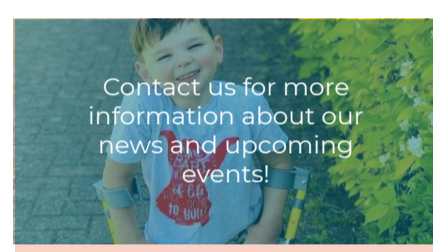
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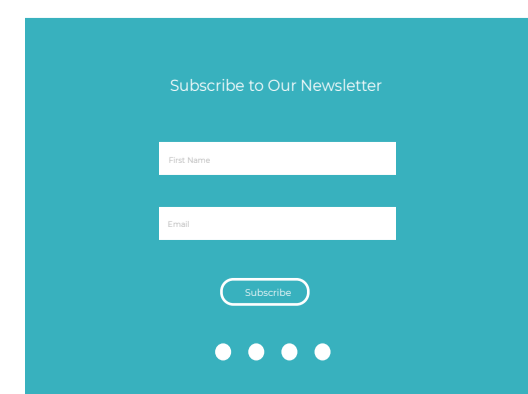
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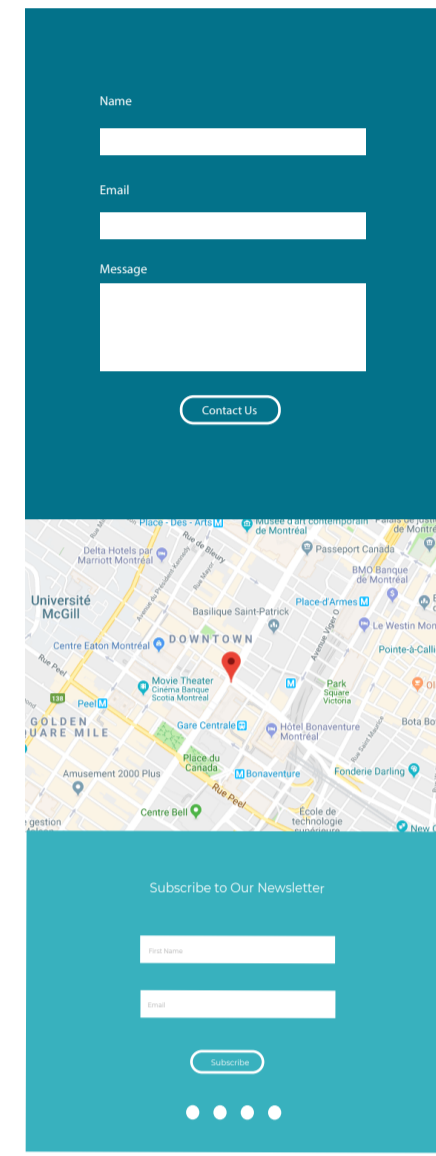
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PO Box 250223
Little Rock, AR 72225
ablearkansas@yahoo.com
Tel: (501) 663-2908
Fax: (501) 663-3994



Support A.B.L.E. Today

Join us to empower and support the limb loss community. If you are interested in volunteering with A.B.L.E., send us an email or post to our Facebook page.

Donations of any size are greatly appreciated. All money raised is put towards providing materials and information to amputees all over the world. In addition to monetary donations, we also accept donated prosthetics. If you or someone you know has an old prosthesis that doesn't fit or is no longer in use, please contact us! These parts can be restored and given to someone who doesn't have the funding for a prosthesis. There are millions of amputees around the world that would jump for joy over your old spare leg.

