Media release

Limbs 4 Life, the national body representing Australian amputees, has welcomed the news that federal MP Helen Haines has moved from hospital to rehabilitation.

Limbs 4 Life CEO Melissa Noonan AM said that the move marked an important milestone in Ms Haines' recovery.

'It's great news, but people should realise that the journey ahead is going to be a long and difficult one, not just for Ms Haines, but for her family and friends as well,' she said.

'While everyone has been understandably focused on her recovery to date, given that she is a public figure, it is now important that we give Ms Haines and her family space to tackle the next stage in her recovery without being under a constant media spotlight.

'The journey of becoming an amputee is not a generic one. All amputees and their families experience and deal with what is an immensely traumatic event in their own way and at their own pace.'

'At Limbs 4 Life we recognise the public interest in her recovery and we have developed significant resources that will help people understand the journey they are undertaking.'

This includes a series of You Tube videos on rehabilitation and other resources.
www.youtube.com/c/Limbs4Life/videos

Ms Noonan said this is freely available to the general public on the Limbs 4 Life website (www.limbs4life.org.au).

She said that Limbs 4 Life also offers a Peer Support Program that is designed to help amputees and their families negotiate the journey ahead.

'It's amazing how beneficial just talking to another amputee can be during the healing process, particularly early on when you're trying to understand what's going on and what to expect,' she said.

'We strongly believe that amputees and their families should not go through the limb loss journey alone. We are here to support those directly involved.'

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