

MICKEY ROBICHAUD

OCCUPATION: R.N., Trauma Nurse, O.R. Supervisor (Retired)



Mickey has been a patient with AtlanticProCare since 1998. Her career as a Trauma Nurse has given her a great perspective on her own amputation, suffered as the result of a motorcycle accident. Here, she shares her thoughts.

Worst advice you ever received as an amputee:

“You have to go to a rehab hospital.”

Favorite amputee hacks:

I make sure I get things in place before I take my leg off.

The three worst things about being an amputee:

1. Poor balance.
2. I can't be as spontaneous.
3. Discomfort, both phantom and stump.

The three best things about being an amputee:

1. It allowed me the opportunity to raise my grandson.
2. I have been able to educate other amputees and the general public, especially children.
3. It's forced me to be innovative in creating ways to carry out normal activities of daily living.

“I like to mess with able-bodied people by_____.”

Making up different stories about my amputation, such as losing my leg to a shark bite.

The best advice you'd give someone facing amputation:

Don't give up. A missing limb does not define you. But it does take time to adjust to. You can do anything you did before. It may take longer and you may have to do it differently. You see amputees skiing, running, hiking...it took them time to get that point. It doesn't happen overnight.

And don't be afraid to engage people, especially children, when you see them staring. Children love to ask you questions and truly are interested.

Finally, remember that you're not alone. Work together with your caregivers and family members -- your limb loss affects them, too. And be proud of your accomplishments as an amputee!