

17. Training package for a family member of a person who has no feeling in the hands or feet

Information about the disability and what you can do about it

■ A person who cannot feel pain in the hands or feet can easily injure their hands and feet. So they must protect them from pressure, rough or sharp objects, or heat.

■ The person may have lost feeling in the hands and feet because of one of the following reasons:

The person has a disease which causes him or her to lose feeling in the hands and feet. The loss of feeling causes the disability. The disease can be treated with medicine. If the person gets treatment, the disease can be cured and the person will not lose any more feeling. This means that the disability will not get worse. However, if the person has had the disease for a long time, the medicine cannot make the lost feeling in the hands or feet come back.

The person had an injury which caused difficulty with feeling and moving in the hands or feet. The difficulty will not get worse if there are no more injuries.

How feeling helps us

■ We are able to feel many things with our hands and feet. We can feel pressure on our skin. We can feel if an object is rough, sharp, or smooth. We can feel heat and cold. We can also feel pain.

■ We know if we have injured our hands and feet because we feel pain. If we have an injury we protect the injured part because we can still feel pain. In this way pain helps us to protect our hands and feet.

■ We feel pain in our hands if we hold something that is hard or if we lift something that is too heavy. The pain tells us that our hands can be injured by pressure.

