



# Kidney Q&A

0-3 months

Life Options Rehabilitation Program  
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[www.lifeoptions.org](http://www.lifeoptions.org)

**Q:** Is there another patient I can talk to about what to expect?

**A:** Some of your best sources of support may be people who have walked in your shoes. Your center may have patients who are happy to talk with you. Some centers have “buddy” programs where patients are trained to help each other, or support groups that meet once a month.

Kidney patient organizations like the National Kidney Foundation or American Association of Kidney Patients may have a chapter near you. If you have access to a computer, you can also meet patients on-line for help and support.

**What I can do to connect with other patients:**

- Ask my social worker to help me talk with another patient like me.
- Ask my family if they need support and tell the social worker so we can find a family they can talk with.
- Call the National Kidney Foundation (800-622-9010) or the American Association of Kidney Patients (800-749-2257) to see if there is a chapter near me.

Is there another patient I can talk to about what to expect?