



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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What can I do if I feel less useful than before my kidneys failed?

Q: What can I do if I feel less useful than before my kidneys failed?

A: When you have kidney failure, once you start feeling better, you may feel like you're taking more than you're giving. You may feel this way more often if you stopped working or doing things around your house.

To begin to do more, add one new thing that will help your family or others. As you do more activities and walk more, you'll get stronger and able to do even more.

If you can't work now, there are many other things you can do—pay bills, wash dishes, fold clothes, baby-sit, housework, yard work, and more. You'll be amazed how useful you'll feel when you're helping others. If you're not sure you will feel good enough to work every day, work part-time, volunteer, or take a class.

What *I* can do to feel more useful:

- Talk with my social worker if I feel useless, hopeless, or depressed.
- Help one person each day, even if it's something very small.
- Find a place to volunteer where I can make a difference.
- Think about things that made me feel useful before and choose one thing I can do right now.

- Set a goal for doing more useful things and decide who can help me.
- Set new goals as I meet old ones.
- Reward myself when I complete a goal.
- Visit module 5 of Kidney School™: *Coping with Kidney Failure*, at www.kidneyschool.org to learn more.