



Kidney Q&A

4-12 months

Life Options Rehabilitation Program

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www.lifeoptions.org

How can I help my family and friends cope with my dialysis?

Q: How can I help my family and friends cope with my dialysis?

A: Your family loves you, and there may be times when they feel afraid, worried, or trapped by your kidney disease. They may feel like there is no hope for a “normal life” again. You and your family need to see that you have options that can bring hope for a good future with kidney failure.

Learn your options. Learning about your health and talking with others who are living long and full lives with kidney failure will help you to cope with your illness. Never give up! Keep learning and making good choices. You won't regret it.

There are many sources of information. Read free or low-cost booklets on living with kidney disease. Watch videos and listen to audiotaped stories of people living with kidney failure. Patients and family members, maybe even in your clinic, may be happy to share tips with you and your family. There are also on-line and in-person support groups where you and your loved ones can get feedback on what may be a real concern and what you may be worrying about for no reason.

What I can do to help my family cope with my illness:

- Ask my care team for success stories of people living with kidney failure.

- Write down and ask my doctor and other staff members questions.

- Talk to my social worker, the National Kidney Foundation, or the American Association of Kidney Patients to find a support group near me or ask for information on kidney disease.

- Seek family counseling if needed. Ask my social worker to refer me.

- Visit module 5 of Kidney School™ at www.kidneyschool.org to learn more about coping with kidney disease.

- Visit Home Dialysis Central at www.homedialysis.org to learn more.