



Kidney Q&A

4-12 months

Life Options Rehabilitation Program

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www.lifeoptions.org

Q: How can I ask for help and pay back people who help me?

A: Everyone needs help now and then, but many of us are not keen about asking for it. Most people are happy to help you when you do ask. Think back to your own past. Didn't you feel useful when you did a good deed for someone? Your request for help could be giving your friend or family member just what they need—a sense of worth and selflessness.

Ask for what you need: When your family and friends found out you had kidney disease, many of them may have said, "tell me what I can do." Make a list! Think about who might be best able to help you run errands, do research, mow your lawn, etc. See if you can match people up to a likely task, and then remind them that they offered to help and tell them what you need.

Don't overwhelm your helpers: No-one likes to feel put upon or taken for granted. Say thank you, and show that you appreciate the help your loved ones give you. If you can, spread the help you need out among a few people, so no one person is doing too much. When you can, start to do things for yourself again. Don't get dependent on people to do too much for you.

Return the favor: Pass along the help you received to someone else. You won't always be the one to need help. Even if you need help with some things, there may be many ways you can help others.

If someone helps you, be there to help him or her in return, or pass along help to someone else who needs it. You have a lot to offer.

What I can do to feel okay about asking for help:

- Value my skills and offer to help others in those ways I can.
- Show my helpers that I appreciate what they do for me. Buy them an ice cream cone, or offer to make phone calls for them or bring in their mail when they take a trip. Do little favors.
- Visit module 5 of Kidney School™: *Coping with Kidney Disease* at www.kidneyschool.org to learn more about what I can do to cope with kidney disease.