VOCATIONAL REHABILITATION

Staying active and involved is important to your quality of life as an end stage renal disease (ESRD) patient. Some of you will be able to continue in your present job with few changes. Others may have to find a new line of work. This may take some time or retraining, but opportunities do exist for those willing and able to work. To help individuals with disabilities find employment, state governments have established agencies to assist in identifying current job skills and arranging training for new job skills, as well as in assisting with job placement. This process is called vocational rehabilitation. Your social worker can refer you to a vocational rehabilitation (VR) state office. If he or she hasn’t already, just ask!

Did you know that you may be able to earn additional income while keeping your Social Security payment? The Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in working. The goal of the Program is to increase opportunities and choices for Social Security disability beneficiaries to obtain employment, VR, and other support services from public and private providers, employers, and organizations. Contact the Ticket to Work Program for more information at 866.968.7842 or look online at http://www.yourtickettowork.com.

If you are unable to work, you may find fun and fulfillment in volunteer and leisure activities. Find a new hobby, develop a new skill, join a club, do something to help someone else—just stay active!

Source: http://kidneypatientnews.org/quality/voc_rehab.php

WHAT IF ...

Most patients think they are prepared for an emergency, but few actually are.

Are you looking for a fun way to improve emergency preparedness and patient engagement in your facility? Joining the What If...KCER Awareness Campaign encourages dialysis patients to assess their level of preparedness, take steps to improve their ability to remain safe in an emergency, and engage with their care team to learn more about disaster preparedness in the facility. Resources include what to do if you have:

- No Water
- No Support
- No Transportation
- No Facility
- No Phone
- No Power

Participation is easy, and your facility can select the best way to share campaign resources and provide education to patients.

Talk to your dialysis facility staff about the What If...KCER Awareness Campaign today!
Patient Voice

I’ve been on dialysis for almost 19 years. I’ve been on both sides of the spectrum, dialysis and transplant. I was diagnosed with kidney failure in late December 1999 and started dialysis a couple months later, on my birthday. I had just turned 23. I was on dialysis for the six years and then qualified for a transplant on Mother's Day in 2006. Unfortunately, my body didn't adapt to the new kidney. But, I had five good years with it. I lost my kidney again on my wife's birthday in 2011. It was devastating but we got through it. My family and I have had our ups and downs, but we dealt with it. Here is some advice:

- Live life to the fullest.
- Stay active.
- Have a good family and friends support system.
- Follow up with your doctors.
- Take your medication religiously.
- Follow your diet.
- If you get a chance to get recommended for transplant, go for it!

—David S.

Is Nocturnal Hemodialysis Right for You?

How is regular in-center hemodialysis done?
Using a dialysis machine and a special filter (called an artificial kidney or a dialyzer), hemodialysis removes wastes and fluid from your blood. A surgically-placed access allows blood to flow from your body to the dialyzer. Nurses and technicians skilled in doing hemodialysis manage the treatments at a dialysis clinic three times per week for a three to five-hours at a time.

How is nocturnal hemodialysis done?
As the name indicates nocturnal dialysis is done at night—while you sleep! It is a slower, longer treatment that takes six to eight hours, three times or more a week. Nocturnal dialysis can be done at home or at a dialysis center that has a nocturnal dialysis program. Talk to your healthcare provider to determine which treatment is right for you.

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Disadvantages</th>
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<tr>
<td>Gentle and easier for your body to tolerate</td>
<td>Some people find it difficult to sleep at night while being dialyzed.</td>
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<tr>
<td>Removes a greater amount of wastes and fluid from your blood</td>
<td>Nocturnal dialysis programs may not be available in all areas.</td>
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<td>Smaller chance of drops in blood pressure and cramping</td>
<td></td>
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<tr>
<td>More time during the day for the things you want to do</td>
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<td>The diet is less strict</td>
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Where can I learn more about options and living well on dialysis?
The National Kidney Foundation has many resources to learn more about dialysis treatment options, nutrition, and coping.


12 Good Reasons to Stay Through a Full Treatment

- Better Appetite
- Healthier Skin
- Less Swelling
- Healthier Teeth
- Fewer Hospital Visits
- Cleaner Blood
- More Energy
- Quality of Life
- Better Sleep
- Stronger Bones
- Transplant Eligibility

If you have questions about how to voice a concern or grievance, check out this helpful tool created BY patients FOR patients: [The Dialysis Patient Grievance Toolkit](https://www.surveymonkey.com/r/PSH83YD)

To file a grievance, contact Network 7 at 1.800.232.3773.

Visit us on the web: [www.HSAG.com/ESRDNetwork17](http://www.HSAG.com/ESRDNetwork17)

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