

# The End Stage Renal Disease (ESRD) Network Peer Mentoring Program

## Why Your Facility Should Participate

Have your new patients asked to speak with other patients to better understand the dialysis experience?

Is your facility interested in a program that can provide support to your patients and staff simultaneously?

### Benefits of Peer Mentor Programs

Dialysis facilities that participate in patient peer-based mentoring or support programs may experience the following benefits:

- Enhance communication and understanding between staff and patients
- Meet the Centers for Medicare & Medicaid Services Quality Incentive Program requirements
- Improve patients' knowledge and empower patient self-efficacy
- Increase patient socialization with one another and their facility patient representative
- Reduce hospitalizations because of improved patient engagement and self-care

Patients who participate as peer mentors and mentees can benefit through:

- Increased patient activation in their care
- Advanced health-oriented skills such as healthy eating, exercise, and medication adherence
- Enhanced quality of life
- Better quality of mental health and well-being
- Improved clinical measures

### Ready to Start Your Peer Mentor Program?

Your ESRD Network is ready to support your facility and can provide you with fully designed toolkits. These toolkits are easily tailored to make starting your program simple and fun! Ask to speak with the Peer Mentoring Program Peer Champion for more information:



ESRD Network Name:



Phone or Email:

*"I learned a lot of good information from all the courses and am looking forward to working with a peer mentee."*

—2020 Patient Peer

*"For me, I wanted a peer mentor to check in with, someone who understood the emotional, physical, and clinical experience of ESRD."*

—2019 Patient Peer



*"Having gone through a peer mentoring training, we must remember peer mentors are not advice givers, we're listeners. The concept of 'I've been there, too' is a form of support and assistance."*

—2019 Patient Peer



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