

Tips for Speaking Up for Yourself

- Before you speak up, be clear about what it is you need to say and why.
- Treat other patients and staff as you would like to be treated (with respect).
- Write down what you want to say. Practice to make sure your words are not harsh.
- Be on time for your meetings or appointments. Reschedule as needed.



**Do not let dialysis
take control over
your life.**

**Take control of your
dialysis.**

Thank you to our patient advisory committee for sharing their experiences and comments.



**Be
Your Own
Advocate**

Take an active role in your care, and learn as much as you can about your condition. Attend plan of care meetings to ask questions or discuss concerns you have. Ask your health care team for information and decisions in writing.

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TRANSPLANT

- Educate yourself on the benefits of transplant and know your options.
- Know your transplant coordinator and have their phone number saved in your phone.
- Keep track of your upcoming appointments.
- Keep copies of your test results.
- Have a list of your questions for each appointment. Ask every question that comes to mind.
- Keep a list handy of your medications to discuss with your transplant team.



Stay calm and be patient during this process. It may be a very long day, or it may take multiple appointments to get through the evaluation process. There will also be multiple people you will have to talk to and many tests to take. Staying active is a great way not to stress while you are going through the process. You could do low impact exercises, find a hobby, make art, get involved in your community or church, look into local or online groups to join, or meet with family or friends regularly. Stay positive and encouraged through the process.

Marquita, Network 8 ESRD Patient



HOME

- Believe in yourself. Do not be afraid to speak up for yourself.
- Prepare and plan.
- Let your health care team know if you are worried about something.
- Take charge of your health. You know your body better than anyone else.
- Share concerns with a family member or friend for additional support and advice.



Home hemodialysis has improved my quality of life. I am not confined to an in-center schedule doing dialysis at home. Home hemodialysis gives me a sense of independence and control of my kidney care.

Precious, Network 14 ESRD Patient



The portability of Home Hemo saved my life when we were forced to evacuate Houston for a hurricane in '2005.

Sam, Network 14 ESRD Patient



Home dialysis allowed me to work full time and be active in my daughter's life.

Nichole, Network 14 ESRD Patient



VACCINATIONS

- Know your rights.
- Learn the benefits of vaccines and the risks of not getting vaccinated.
- Know which vaccines you need every year to stay healthy, and discuss with your health care team.
- Get information and decisions in writing.
- Keep track of vaccines you receive each year.



As I sit here fighting with a case of COVID, I look back and think just how bad this could have been if I had not gotten all of my shots. I had a fever that got to 100.3, my sinuses were clogged up, and I lost strength in my legs and fell twice. But that was the worst I got. Now I am just waiting for my strength to come back. Again, I wonder just how bad it could have been if I had not gotten all of my vaccinations.

Ken, Network 14 ESRD Patient

