



Your social worker is here to help

Thriving on dialysis starts with great medical care, but it doesn't end there. After all, you are not just your kidneys—you are a whole person, facing a new challenge. Your social worker can provide information, ideas, and suggestions to help you thrive on dialysis. In fact, studies show that talking to a social worker can significantly improve your quality of life.¹

Your social worker can help you:



Adjust to life on dialysis. Provide tips to help navigate your new normal and feel as much as possible like yourself again.



Take control of your health and well-being. Find emotional, physical, and social balance by setting goals to maintain or improve these areas of your life.



Feel like you're not alone. Meet groups of people facing similar challenges to help you deal with the ups and downs.



Talk to family and friends. Share about your kidney disease so they understand and can become good “health support” partners.



Choose a treatment method. Learn about in-center and at-home dialysis, transplant, and supportive care without dialysis.



Communicate with your care team. Talk about concerns you have about your dialysis experience.



HERE TO HELP YOU THRIVE

Talk to your social worker about setting your treatment goals.