



SOCIAL WORK NEWSLETTER

JUNE 2019

Live in a Place Where Direct Access Doesn't Go?

VVTA has a program for transportation reimbursement. The program TRIP is a member driven, flexible program that allows for neighbors or friends to transport while getting reimbursed for their mileage. To qualify, you must be disabled and live in a rural part of San Bernardino County. Call Barbara Miller at VVTA for more information: 760 995-3561.

RMS Healthcare Surveys

Desert Cities Dialysis had contracted with RMS Healthcare to conduct surveys for quality improvement. Please return calls and/or mailings to help us continually make Desert Cities Dialysis the best it can be. We need your honest input!! Please respond to the surveys. As always, your responses will be anonymous. This third party surveying service does not include any names with the results of the survey.

Renal Support Network

HOPEline Peer Support Phone Line
(800) 579-1970

Log onto www.rsnhope.org for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

Safety Net Grants

American Kidney Fund is still accepting grant applications. Their grant is to assist patients with dialysis related expenses. Limit of \$100 per year per patient. Talk to your social worker about applying for assistance.

Update Phone Number and Address

Please keep your dialysis center updated with new phone numbers and addresses. Also if there are any changes in your emergency contacts or their phone numbers. We have repeatedly had difficulty reaching people who have not given update information. This is important in the event of chair time/schedule changes, emergency events, transportation, and transplant requests.

If You Must Miss A Treatment

Missing treatments statistically shortens life expectancy, please do your best to never miss treatment. However, if you must miss, check to see if there is a makeup session available later in the day or the next day. Going several days without dialysis significantly increases chances of stroke or heart attack. Do your best to make your treatments, and remember if you can't make it then be sure to reschedule a make-up treatment.

Travelling for the Summer?

If you are planning on making a trip to another area for vacation or other necessary ventures, please notify your social workers. With some insurances it can take up to 3 or 4 weeks to receive an authorization. Please give 1 month notice before traveling to allow us enough time to setup all necessary arrangements.

We encourage you to travel and experience events and vacations with your loved ones, please talk to us about how the process works so you can begin your next adventure.





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Caregivers of Persons with Stroke/Dementia/Parkinsons/TBI

If you are a family member who cares for someone with a brain disease, there is help available. The Inland Caregiver Resource Center (800) 675-6694 provides support, respite, resources and education. They have conferences for caregivers and can provide someone to come and stay while you get away for a bit. Contact them today to get help.

Eyeglasses Through Lions

Friends in Sight, the Lion's club nonprofit outreach to help those who lack coverage and funds to afford eyeglasses and exams have clinics every month where they complete an exam and issue vouchers for eyeglasses. Check out the site for upcoming clinics:

<https://clfis.info/events/>

They are coming to Apple Valley August 17th at 8am. Go to the Town of Apple Valley Conference Center, 14975 Dale Evans Parkway in Apple Valley, be prepared to wait in line.

High Fall Risk? Nervous About Being Home Alone?

Medical Alert systems are a useful tool in calling for help. You wear a pendant as a watch or a necklace and in the event you have an emergency or need assistance you simply press a button. Most recently, Lifeline has developed a fall detector embedded in the pendant so if you were to pass out or lose consciousness and fall down, it would auto alert. This is highly recommended for anyone who is alone for an hour or more daily. Lifeline services can be reached at 800 543-3546. Or many other alert services are available.

Home Dialysis

Home dialysis, whether it is peritoneal dialysis or home hemodialysis, offers many benefits. There is more travel freedom, less diet and fluid restrictions. It offers the comfort of your own home on your schedule. It provides more regular dialysis with typically less pull which for the average patient means they have more energy consistently and less fluid and toxins being carried. Talk with your nephrologist to see if home dialysis is a good option for you.

In Home Support Services

IHSS is a program paid for by the county Department of Aging and Adult Services. It pays for a caregiver to assist you at home. The process takes about 60 days to complete.

STEP 1: Call to start an application (call soon because payment starts from the date you make this call). (877) 800-4544.

STEP 2: Select a caregiver/have your chosen caregiver complete fingerprinting and orientation with IHSS.

STEP 3: IHSS caseworker comes to the home to see your level of need which determines the hours of care paid.

Humor

