

**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 reschedule.

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.

Caregivers of Persons with Stroke/Dementia/Parkinson's/TBI

If you are a family member who cares for someone with a brain disease/injury, 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.

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.

Update Your Phone Number and Your 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.

Vocational Rehabilitation

If you are interested in returning to work but do not have the job skills or your health interferes with working, then Vocational Rehab. may be the option for you! It retrains, teaches skills in managing disabilities in the workplace, pays for schooling or trade school. Contact your Local Vocational Rehabilitation office and fill out an application to begin services:
(760) 243-6024 (Voice)
(760) 245-4127 (TTY)
15415 W. Sand Street - Second Floor
in Victorville. You can work and receive social security at the same time!

Meals on Wheels is Back!

Barstow Senior Home Nutrition is now serving Barstow, Victorville and surrounding areas. Call today to arrange home delivered meals. This is for people who are aged or disabled and unable to leave their home to get meals. Call 760 256-9111.



SOCIAL WORK NEWSLETTER

MAY 2019

How to Stay Involved With Your Care and Dialysis Center

There are ways for you to be involved with your care, with the quality of care at your center, and with the support of other patients at your dialysis center. Tips to be in control and involved with your care:

- Attend Care Conference Meetings- Within a month of beginning dialysis, 3 months after and every year thereafter meetings are held to discuss your treatment. Your physician, nurse, dietitian and social worker are present at these meetings. You will receive an invitation to each of these meetings. Whether you come or do not, the meetings still occur to discuss your care. Your feedback on health and treatment are invaluable for moving forward and also a great way to get questions answered.
- Participate in the quarterly surveys from RMS Healthcare- we contract with RMS to do quality assurance surveys. Very few people actually participate in the survey, which gives us inaccurate feedback or skewed results. Please, if you are contacted for the survey take the time and those results can and do change how Desert Cities Dialysis conducts their care.
- Become a patient leader- Social workers keep a list of patients who are willing to answer questions and offer support to either new patients or patients who are struggling. If you feel like you could be supportive and offer knowledge and advice to others, please let your social worker know you want to be a patient leader.
- Be a patient representative at monthly Quality Assurance Performance Improvement meetings. These “QAPI” meetings we have monthly where we discuss goals of the dialysis center to make care better for people on dialysis. We always are wanting a few knowledgeable patients who have been on dialysis at least 1 year to participate and give feedback from a patient’s point of view.
- Become a subject matter expert for the network. The ESRD Alliance for dialysis centers, Network 18 has positions for committed and informed kidney patients or caregivers for a kidney dialysis patient. They ask for feedback and information on dialysis care in general or specifically at your dialysis center. Please talk to your social worker if you are interested in this position.
- Coming Soon! Patient Support Group! Become involved with our new support group or another local support group and give back the experience, knowledge and support to others struggling. Details on upcoming group to follow in future newsletters.

DESERT
CITIES
DIALYSIS



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