



SOCIAL WORK NEWSLETTER

September 2019

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
15415 W. Sand Street - Second Floor in Victorville.
You can work and receive social security at the same time!

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.

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.

RMS Healthcare Survey

It is time again for our quarterly survey. Some of you will be contacted by our survey team at RMS healthcare. The surveys will be taking place over the next couple weeks. Please be sure to participate and give your honest feedback about your dialysis experience.

Travelling or Moving

In general it takes nearly 3 weeks to a month to arrange dialysis at another unit. If you are moving or travelling to another area, please notify your social workers so that they have enough time to arrange your dialysis there. Requests made with less than 2 weeks notice may result in dialysis not being arranged. So, please give advance notice.

Support Groups for Caregivers/Family and Patients

**MEETING WILL BE 2ND MONDAY EVERY MONTH
AT 6PM NEXT MEETING – SEPTEMBER 9TH**

**WHERE: DESERT CITIES DIALYSIS
1 1883 AMETHYST RD., VICTORVILLE**

Amethyst and Bear Valley Rd. UPSTAIRS



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YOUR EMOTIONS AND CHRONIC KIDNEY DISEASE (CKD)

Often when discussing symptoms and adjustment to kidney disease and dialysis the focus tends to be on a patient's physical symptoms: pain, fatigue, dizziness, etc. How do you start "feeling better." While physical recovery is important from these symptoms, it is also important to recognize how you may be feeling mentally.

Some of the common emotions when having been diagnosed with **CKD** initially is **fear and anxiety**. Many decisions are required with this new reality. Choices need to be made about what type of treatment will I have? Will I treat at home, or at a clinic? Do I need surgery for an access? How will my loved ones adjust to seeing me on a machine 3x/weekly?

Another emotion is often **denial**. When something bad happens to us, we try to cope. And sometimes, when we are overwhelmed with new information we may often minimize or not accept the fact that we are ill. Denial can often hamper how you adjust and make good choices for your health.

Feelings of **anger** are common among **CKD** patients. We are mad that this has happened to us, perhaps, we are mad at ourselves. This anger may be directed at loved ones or health care professionals.

Perhaps, you feel blue or filled with despair. Feeling down is a normal part of **chronic kidney disease**. Often we are sad that our bodies are not functioning as they should. If these feelings develop into hopelessness, despondency and last over two weeks, you should tell your doctor. You may be suffering from **depression**. If you feel you do not wish to live any longer or have thoughts of ending your life, you must tell someone immediately.

How do I deal with all of this?

Adjustment to chronic kidney disease can take time. Learning how your body responds to dialysis is difficult and painstaking. Your energy will be directed to your treatment and physical well-being. This can be exhausting. But again, being aware of your mental state is equally important in coping with your disease.

Talking to someone about your emotions is essential. Do not feel that you must find a way to deal with this by yourself. Most patients benefit from discussing their feelings with their healthcare team, family, friends and other CKD patients. Your social worker can refer you to a support group. A support group can help you put things in perspective, and let you know you're not alone.
