



SOCIAL WORK NEWSLETTER

February 2020

Notify Your Dialysis Center

These are things you must notify your dialysis center of:

- *Change of Address
- *Change of Phone Number
- *Change of Emergency Contact
- *Change of Transportation
- *Change of Insurance
- *Starting or Stopping Hospice Care

If you have any of these changes, please make sure your dialysis team knows. Each of these can have significant ramifications if not updated.

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 Rehabilitation is the program for you! It retrains, teaches skills, provides modifications, and assists 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. *This program is free training, schooling and equipment for disabled persons.*

Patient's Rights and Responsibilities

We advise all persons to know their rights and responsibilities on dialysis. Your rights and responsibilities are posted on the bulletin boards in English and Spanish. They are given to each person upon admission to Desert Cities Dialysis. **KNOW YOUR RIGHTS & YOUR RESPONSIBILITIES.**

Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970

Don't suffer through this alone, reach out and connect.

American Kidney Fund

Safety Net Grants are active again. If it has been 1 year, let your social worker know it is time to reapply! Or if you need help paying for transportation back and forth to dialysis, see if you qualify.

Community Action Partnership of San Bernardino

A comprehensive program to help low income persons in need. They have a weatherization program, free food assistance, and utility and rental assistance. Contact their office at (909) 723-1500.

Get Involved in YOUR Care Conference

Your dialysis team includes your Nephrologist, nurse, dietitian and social worker. They want to meet with you at least yearly to discuss your health and dialysis treatments. Attend it, this meeting is important for your care.

Incontinence and Wound Supplies

If you requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Call SHIELD 1-800 765-8775 to see if the supplies are covered. Medi-Cal and Medi-Cal HMOs (IEHP, Molina) cover incontinence supplies.





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Have a Driver but Unable to Pay Them?

VVTA has a program for transportation reimbursement. The program TRIP is a member driven, flexible program that allows for family 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.

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 to be paid.

DMV Placards or Plates

If you are having difficulty walking from the parking lot to the store, talk to your doctor or social worker at the dialysis unit about completing the REG 195 form which is an application signed by your doctor verifying a medical condition that limits your mobility. We have the forms on hand, or you can find them at dmv.ca.gov

Is Kidney Transplant Right For You?

While there are many factors that determine whether a transplant is medically a possibility, there is also a lot of choice in what hospital you are evaluated at or whether you are even interested in a kidney transplant. If you have questions about kidney transplant process, please talk with your social worker.

FREE ADA and City Bus Passes

For people 60 years and older only. Bring ID and go to the Department of Aging and Adult Services located at 17270 Bear Valley Road Suite 108 to get your free passes!

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.

Humor

Don't be nervous. This snake is equipped with a camera and can easily squeeze itself down into your stomach and get some great shots of whatever is going on in there ...

