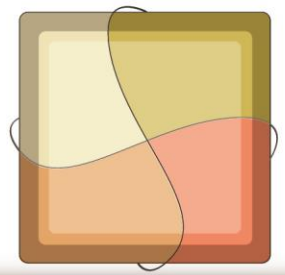


MARCH



Attend a patient and family group meeting at your facility. Build your dialysis community!

Why should I go to patient and family group meetings?

- **You are NOT alone!** Going to meetings will help you make friends with people that know what it is like to have kidney disease.
- **You will learn how to take care of your body.** You can learn about kidney disease from staff and other patients. They can teach you how to make healthy choices.
- **You will feel better.** When you take care of your body, you will feel better and have more energy! You will also feel less fear because you can ask questions if you are worried about something.

How can I increase my engagement this month?

- **Ask your Care Team about patient and family group meetings**
 - Does your clinic have patient and family group meetings that you can go to?
 - If they do, do patients help plan the meetings?
 - If they don't, how can you help start one?
- **There are many kinds of patient and family group meetings. Ask your Care Team about them!**
 - New patient adjustment groups help you learn about being a dialysis patient
 - Patient and family advisory councils help the staff know what is important to you
 - Patient and care partner support groups help you share your feelings
- **Tell others about the patient and family group meetings**
 - Tell other patients about the meetings
 - Ask your family and friends to come with you
- Write down your questions before the patient and family meeting so you will not forget. Don't be afraid to ask! There are no thoughtless questions.



Encourage yourself, believe in yourself, and love yourself. Never doubt who you are."
— **Stephanie Lahart** This is your normal. Reach out to your FPR for moral support.

This information was created **BY** ESRD patients **FOR** ESRD patients!

To file a grievance or for questions, contact Network #14 at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net, 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org.