Participate in Your Plan of Care Meetings

Nothing about me without me!

How can I increase my engagement this month?

- Learn who is on your team. Plan of Care meetings must include:
  - YOU! (Patient)
  - Your loved ones (if you choose to invite them)
  - Your dialysis doctor or Nephrologist
  - A registered nurse
  - A social worker
  - A dietitian
  - You can also ask if your tech can attend

- Learn about your Plan of Care meetings. Plan of Care meetings:
  - Should be held in-person with the entire team at least one time every year.
  - Should be held at a time that is good for YOU and the team.
  - Are best in private, not at your chair. A good time might be when you get your lab results. Don’t be afraid to ask for a private meeting away from the treatment floor.
  - Can be requested any time you have concerns. Ask your social worker to schedule a meeting before or after your treatment.

- Participate in your Plan of Care meetings by:
  - Asking your social worker when your next meeting will be.
  - Making a list of questions you would like to ask your Care Team.
  - Sharing with your team how you feel and what is important to you.
  - Asking questions if you do not understand something.
  - Helping make decisions about your treatment.

Why should I increase my engagement by participating in my Plan of Care meetings?

- Because you matter!
- When you understand your treatment plan, you are better informed and can help make decisions.
- Helping make decisions about your care gives you a sense of control and helps you feel more positive about your future.
- When you follow the treatment plan that you helped create, it is easier to achieve goals like feeling better, living longer, or getting a transplant.

Fill in the blanks.

____________________, __________________, ________________, ________________, and
___________________ are members are part of my health care team.
The captain of my health care team is ________________________.
My ___________ and ___________ can also be part of my health care team.