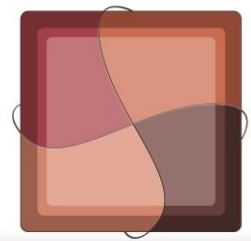


JUNE



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 tem is _____.

My _____ and _____ can also be part of my health care team.

This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org

