

Home Dialysis Heroes: A Home Dialysis Patient Peer Program Guide

What Is a Home Dialysis Patient Peer Program?

A Home Dialysis Patient Peer Program is a program that connects patients receiving home dialysis with in-center hemodialysis patient. This connection supports a journey toward a home treatment option. Unlike peer mentoring, Home Dialysis Heroes are local, goal-focused, may include family and caregiver interaction and are paired with local dialysis patients. The Home Dialysis Heroes Program is goal-focused, can include family and caregiver interaction, and includes multiple ways for Home Dialysis Heroes and Dialysis Peers to connect.

Who Is Involved?

- Home Programs: Identify potential home dialyzers to be heroes for in-center Dialysis Peers who are considering transitioning to a home dialysis therapy.
- Dialysis Centers: Promote the program to people receiving in-center dialysis and welcome Home Dialysis Heroes virtually or into the facility's activities and space.
- ESRD Networks: Promote the program and share resources with in-center dialysis facilities and home programs.
- Home Dialysis Heroes: Provide emotional support and practical tips from their own home dialysis experience to guide their Dialysis Peer toward a home treatment option.
- Dialysis Peers: Engage with their Home Dialysis Hero and welcome support on their journey to toward home dialysis.

What's Included in This Guide?

- Introduction
- ESRD Network Role
- Dialysis Facility Role
- Home Program Role
- The Home Dialysis Hero Role
- The Dialysis Peer Role
- Multiple Ways to Connect



Program Goals

Encourage patients already doing home dialysis to share their “I did it and you can too” mindset to inspire more referrals to a home treatment option.

Talk about the practicality and benefits of home dialysis so that more patients transition to and stay on home dialysis.

Introduce home treatments as a viable treatment plan for new patients and for those who have been on in-center hemodialysis for a longer period.

We're Better Together

Inform | Inspire | Innovate



Who Are Home Dialysis Heroes and What Can They Do?

Home Dialysis Heroes are people that perform dialysis treatments at home. They provide emotional support and practical information to an in-center hemodialysis patient. Through sharing their experience, including preparing for home dialysis, selecting the best treatment option for themselves, and the benefits of dialyzing at home, Home Dialysis Heroes can support in-center dialysis patients in their dialysis choice. Home Dialysis Heroes are paired one-on-one with people receiving in-center dialysis treatments. Home Dialysis Heroes *do not* offer medical advice but are encouraged to share their firsthand experience in doing dialysis at home with their Dialysis Peer.

Should I Be a Home Dialysis Hero?

As a Home Dialysis Hero, you know better than anyone else what it is like to do dialysis at home, how to ensure your safety, who to contact for support, and the benefits of doing dialysis on your schedule at home. Share your experience and expertise by volunteering as a Home Dialysis Hero. Be a voice to help someone who is currently receiving in-center dialysis make the choice to move to a home dialysis treatment option.

Would a Home Dialysis Hero Benefit Me?

As a person on dialysis, understanding how to cope with kidney disease can be overwhelming. There are many people who have been in your shoes. Connecting with someone is doing dialysis at home to learn about how the choice to pursue dialysis at home can be a positive life-changing experience. A Home Dialysis Hero can also support you by answering your questions, connecting you with resources, and even providing emotional support on tough days.

Who Would Be a Great Home Dialysis Hero or Dialysis Peer?

Suggested Criteria for a Home Dialysis Hero

- Performs peritoneal or hemodialysis at home
- Proud of transitioning to home dialysis and eager to share their story to inspire Dialysis Peers to choose a home treatment option that's right for them
- Familiar with the terms, process, and benefits of home dialysis
- Well-adapted to the challenges faced by Dialysis Peers
- Effective communicator with empathy skills
- A desire to support Dialysis Peers in their journey with kidney disease
- Schedule flexibility to be available for their Dialysis Peer by telephone or other virtual ways, or in-person if program participants are located near each other and it is safe to meet in-person
- A trusted confidant for their Dialysis Peer

Suggested Criteria for a Dialysis Peer

- A person who is receiving in-center hemodialysis
- Someone who is interested in learning about home dialysis treatment options, or a person who has already been referred to a home program and is interested in more about their options before they begin training
- An individual who is interested in learning about the benefits of home dialysis, including diet and exercise restrictions, caregiver requirements, adaptations to the home and receiving and storing supplies.
- Someone who is engaged and eager to be more involved in their care and participates in patient activities at their facility, such as education, lobby days, etc.

Research racial and ethnic disparities in the rates of people on home dialysis modalities¹. Be sure that Home Heroes represent the demographic make-up of the ESRD Network patient population. If relevant in your Network service area, share these disparities with your Home Hero and match them with someone of a similar background and/or living situation.



“I learned how easy my entire family could be trained, it was much easier than I first thought.”

HOME DIALYZER
2020 NPFE-LAN
Patient Subject Matter Expert

¹ Kidney Med Vol 2 | Issue 2 | March/April 2020; Daniel E. Weiner, MD, MS, and Klemens B. Meyer, MD.



This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government.

FL-ESRD NCC-7N52TB-12012020-01