

Home Dialysis Hero Role

How to Contribute

As someone who's is receiving dialysis, you are familiar with the ups and downs of kidney disease. Now that you are doing dialysis at home, you can use this experience to share the benefits of doing dialysis at home to guide a Dialysis Peer along a familiar journey.

How It Works

- 1 Sign up to be a Home Dialysis Hero through your home dialysis center
- 2 Work closely with your ESRD Network to connect with an in-center dialysis facility and a Dialysis Peer
- 3 Attend a kick-off meeting to learn about your role and program expectations
- 4 Support your Dialysis Peer partner through activities that interest you both and fit your schedules
- 5 Provide motivation and encouragement to your Dialysis Peer by sharing your home dialysis experience
- 6 Celebrate your accomplishments and successes

How to Be a Trusted Partner

How you can help your Dialysis Peer:

- Share insights from your personal experience with dialyzing at home
- Refer your Dialysis Peer to their care team when asked medical questions
- Maintain patient confidentiality
- Provide reassurance and be an empathetic listener
- Encourage Dialysis Peers to remain engaged in their plan of care, maintain doctor appointments, and stay active on the transplant waitlist
- Offer encouragement after a discouraging day and help them to thrive in their circumstances
- Meet virtually at a time that is convenient for both people

What you should **not** do for your Dialysis Peer:

- Give any medical advice, including diet options
- Handle their grievances or challenges, always refer them to their social worker or facility administrator
- Borrow or loan money
- Invade their privacy, personal space, or breach their confidentiality

How will the Home Dialysis Hero benefit?

- + **Remains motivated in their treatment** by staying engaged in their plan of care and up-to-date on the best treatment opportunities and practices
- + **Expands their leadership skills** by sharing knowledge about home dialysis and persuading others to go on that same journey

- + **Improves problem-solving and communication skills** by clearly sharing their own experiences and assisting their Dialysis Peers in achieving their treatment goals
- + **Contributes to something larger than themselves** by supporting the overall quality of life for people with kidney disease

Dialysis Peer Role

How to Contribute

Meet with your care team to hear about how to connect with a Home Dialysis Hero and learn how home dialysis improved their quality of life and can help you. Kidney disease can be overwhelming, but there are many people who have been in your shoes and are willing to be your support peer. Your Home Dialysis Hero can also offer support by answering your questions, connecting you with resources, and even providing emotional support on tough days.

How it Works

- 1 Talk with your care team about the program and sign up to be a Dialysis Peer to learn more about home dialysis options
- 2 Your facility will help you get matched and connected with a Home Dialysis Hero
- 3 Attend a program kick-off to learn about ways in which a Home Dialysis Hero can support you
- 4 Seek guidance from your Home Dialysis Hero, listen to their story, and learn from their experiences
- 5 Commit to a positive treatment journey by remaining engaged in your dialysis treatment plan and involved in the program
- 6 Celebrate accomplishments in achieving your treatment goals and share your success story

How will the Dialysis Peer benefit?

- + **Increases their knowledge of kidney disease treatment options and benefits** as your Home Dialysis Hero shares insights from their own experience receiving dialysis at home
- + **Encourages dialysis peers to be an advocate for their own health** and empowers them to become aware of the steps required to transition to home dialysis

How a Home Dialysis Hero Can Help You

Your Home Dialysis Hero can:

- Share knowledge and insights from their personal experience with receiving dialysis at home
- Be a strong source of support by listening to your concerns
- Refer you to members of your care team related to medical questions
- Provide encouragement and guidance

What your Home Dialysis Heroes should **not** do for you:

- Give medical advice, like changing your diet or medication
- Invade privacy and personal boundaries or breach your confidentiality
- Handle grievances or complaints
- Borrow or loan money

Sample activities that you can do together:

- When safe to do so, visit your local library for social and educational events to remain active
- Team-up and share your experience at your facility lobby day
- Connect by phone to share times of joy or challenging days

- + **Reduces communication gaps with staff** by connecting peers to the appropriate resources and experts when there are questions or concerns
- + **Provides emotional and social support** and encourages peers to share their feelings and introduces them to a support system within the home program

Multiple Ways For Home Dialysis Heroes and Dialysis Peers to Connect

Here are some tips for how to connect virtually and in-person. Each method offers unique features, pick which one works best for you!

Telephone & Text Messages

Exchange phone numbers! The telephone is a great way for Home Dialysis Heroes and Dialysis Peers to connect with each other. Agree upon a time to talk with each other, decide who will call who, be sure to put a reminder on your calendar, and connect with each other at the scheduled appointment time.

Google Hangouts

The [Google Hangouts](#) app, available for both iOS and Android smartphones and mobile devices, is easy to install and use for free voice and video calling and video conferencing. It's available for Windows and Mac desktop and laptop computers as well, so it synchronizes across all your devices. You can even use Hangouts for texting.

Messenger Apps

Use instant messaging! Apps like [WhatsApp](#) or [Facebook Messenger](#) are mobile messaging apps used for instant messaging, sharing photos, videos, audio recordings and for group chats. The apps are usually free to download, can be used to communicate on your phone, but can also sync to your computer or tablet.

Google Duo

[Google Duo](#) is a free video chat mobile app that enables one-to-one video and voice calls across both iOS and Android devices. Simply download the Duo app and get started using video calling regardless of what kind of smart phone you have. It's also available via Google's chrome web browser on desktop and laptop computers.

FaceTime

[FaceTime](#) is perfect for seeing and hearing people over the phone. FaceTime is exclusive to Apple, so you will both need an iPhone, iPad, iPod touch, or Mac to use this service. The good thing about FaceTime is that you can use WiFi when calling, saving minutes on your cellular data plan.

In-Person

Talk with your dialysis facility and transplant center about when Home Dialysis Heroes and Dialysis Peers can meet at the dialysis facility or even at the transplant center if the partners are both near the transplant center. Heroes and Dialysis Peers may also choose to meet at their local church, favorite kidney diet-friendly eatery, local community center, or a mutually agreed upon location.

Email

Exchange email addresses! Email is another way to stay in touch with each other, especially if you would like to share information and resources that can be found in the internet. Email is also a good way to connect with each other before or after your agreed upon time to meet.





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