



SOCIAL WORK NEWSLETTER

APRIL 2015

Dialysis Support Group

High Desert Kidney Hope's dialysis support group has moved locations to the Heritage Building #13 on Hesperia Rd. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **April 14 and April 28 from 6 to 7:30pm.**

Yard Sale for Kidney Disease

This month on Friday April 24th and Saturday April 25th, High Desert Kidney Hope is hosting a huge yard sale. If you wish to donate items for sale, please talk with your social worker. For larger items, pickup can be arranged. All donations are tax deductible. High Desert Kidney Hope is a registered nonprofit organization.

In Home Care

Needing assistance at home? There are 3 options for home care depending on your income.

First, for persons with **Medi-Cal** there is In Home Supportive Services (IHSS) which can be applied for by calling (877) 800-4544. This county paid services allows either a person you know to get paid for assisting you OR you can choose from certified IHSS workers. The amount of hours per month allowed is based on your need for care.

Secondly, if your income is too high for Medi-Cal then **Privately paid** care is available. Typically it runs from \$22 to \$26 per hour.

Lastly, if you are a disabled veteran then you could qualify for **VA aid and attendance** benefit. Talk to your VA social worker about whether you qualify and how to apply.

AKF Safety Net Grant

The AKF Safety Net comes and goes, and right now they are accepting applications. This is a \$100 per year grant to reimburse patients with uncovered medical costs including transportation costs. It is an income qualified program. Talk to your social worker to see if you would qualify.

Health Insurance Premium Payment

The American Kidney Fund also has a grant to assist patients in paying for health insurance. Eligibility for this program includes:

- 1) Medicare Premium is not automatically deducted from your social security.
- 2) After your basic bills are paid, you have less than \$500 left over.
- 3) You have no liquid assets over \$3000 that could be used to pay the premium.

Please talk to your social worker if you meet these three requirements.

Grief and Loss

Persons on dialysis are experiencing many losses. Loss of freedom, loss of health, loss of finances, loss of friends, loss of abilities, sometimes loss of intimate relationships and many more.

In addition, sometimes we lose loved ones or important people in our lives. Loss can result in overwhelming sadness or anger.

If you have lost a loved one and are having difficulty coping, there are local support groups for grief and loss. Please talk with your social worker for support locally to be there in your time of need.





SOCIAL WORK NEWSLETTER

APRIL 2015

FMLA and California Paid Leave

This is the Family and Medical Leave Act (FMLA). If you or a loved one must leave work either for medical reasons or to care for a loved one, it offers up to 12 weeks of job protection. Often used in conjunction with California Paid Leave or State Disability. Typically used by family to assist dialysis patients during a time of need. Talk with your social workers for more information.

Amethyst Unit Update

For most of those waiting to transfer to Amethyst, the wait is over. Patients are being accepted and transferred to the new unit. If you live close to the corner of Bear Valley and Amethyst, let us know if you are interested in obtaining dialysis at a facility closer to your home.

Check Out Our Website

Previous issues of the Social work newsletter, upcoming events, information on your health care team and Desert Cities Dialysis unit news. Go to: www.desertcitiesdialysis.com

Low Income Housing

While the waiting list for the Housing Voucher Program (section 8) is closed, there are low income housing opportunities throughout the inland empire. Also there are many senior (60+) housing availabilities throughout the inland empire. If you are interested in applying for low income housing or senior housing check out the San Bernardino County Housing Authority at www.hacsb.com or talk with your social worker about how to apply.

Audio Books for Visually Impaired

The Braille Institute has provided Desert Cities Dialysis with audio book players and about 40 books. Feel free to ask for an audio book and player to listen to while at dialysis. If you are interested in having audio books and a player at your home you can call 1-800-808-2555 and request one.

Home Health Services

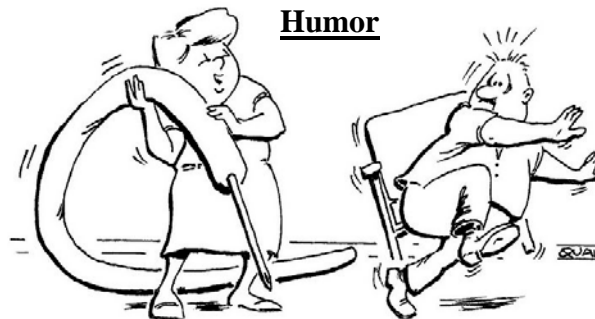
Your insurance typically covers for medical services in the home that cannot be provided at the dialysis center. Talk to your social worker about services you may need your Doctor to order:

Wound Care- If you have a opening in your skin of any kind that needs care.

Evaluation- Check your medications, blood pressure, and evaluate your health needs for recommendations to you and your doctor.

Physical Therapy-Help improve your strength, balance, endurance. Also, proper transfer of yourself or your caregiver to prevent injuries.

Humor



And today we start on the manly needle.