



SOCIAL WORK NEWSLETTER

AUGUST 2015

Low Vision and Blindness Services

There are many programs available for persons with limited vision.

Most recently to our area is the Blindness Support Services (BSS). This program offers training for 1) orientation and mobility 2) travelling 3) independent living 3) computers 4) employment and job development 5) parenting and 6) peer support. Call them if you or a loved one have limited vision (951) 341-9244.

The Braille Institute for blind training, equipment and services including books on tape with equipment and books sent to your home at no charge. (800) 808-2555.

Vocational Rehabilitation also offers free blind services, training and equipment for those looking to rejoin the work force but have visual impairments. They also provide training and education for other disabilities to join the work force. Call them at (760) 243-0830.

Dialysis Support Group

High Desert Kidney Hope's dialysis support group has moved locations to the Heritage Building #34 on Hesperia Rd. Right next to Vitelli's Deli. Every month it is held on the 2nd and 4th Tuesday from 6 to 7:30pm. This month, the groups will be held: **August 11th and August 25th from 6 to 7:30pm.**

Numbing Cream

The manufacturer of our numbing cream has stopped producing the "Less n pain" cream. We now only offer local shots for numbing around your access.

Advance Health Care Directives

What Are They? They are a set of instructions outlining specific actions to be taken regarding a person's healthcare in the event they are unable to express these wishes themselves due to illness or incapacitation. These directives have gone by other names such as "*Durable Power of Attorney for Healthcare Decisions*," "*Living Will*", and "*Advanced Directive*." Additionally, once an individual's wishes are known, an agent is often appointed by the individual authorizing them to carry out these directives in the event that the person is unable to do so.

Why Are They So Important?

An advanced directive and "proxy" identified in advance can eliminate the stress of making decisions for a loved one in a healthcare crisis when emotions are high. It is important to pick an agent for yourself who is comfortable following your instructions. This may not always be a family member, but perhaps, a trusted friend. Advance Directives can be changed at any time by the person whose wishes are outlined, even in a crisis.

An advance health care directive can be very specific or very general. Your wishes can include such services such as analgesia (pain relief), antibiotics, hydration, feeding tubes, and the use of ventilators or cardiopulmonary resuscitation (CPR). We understand these are difficult decisions to make and very personal. You may want to discuss your options with a physician and/or your social worker.

How do I get an Advance Directive Form ?





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Ask your **social worker, nurse, technician or physician** if you are interested in completing an advance directive form. Desert Cities Dialysis often uses a form called the **POLST**. This stands for **Physician Orders for Life-Sustaining Treatment (POLST)**. It is easy to read, bright pink and confidential. It will outline wishes for your treatment, as well as, identify a healthcare decision maker to carry out your wishes in the event you could not. After completion it will be signed by a Desert Cities Dialysis physician and placed on your chart where your wishes will be carried out in the event it is needed.

Do You Live Alone?

Medical alert buttons have become popular for those living alone, allowing for safety and independence to seniors and the disabled. Often medical alert buttons are set up through your home phone land line, allowing contact with live operators 24 hours a day in an emergency. Different companies offer a selection of plans starting from \$25.95 to \$40.00 monthly. Some insurance plans offer services to their members at a lower cost.

Squash 4 Friends Food Resource

Squash 4 friends is a local nonprofit organization dedicated to helping feed those in need...vegetables. Every Wednesday from 8 am to 12pm they distribute fresh picked vegetables to people in need. No documentation is required, just show up and take what you need. They are located on Rock Springs Rd. in Hesperia between Main St. and Deep Creek Rd.

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

