



# *SOCIAL WORK NEWSLETTER*

*August 2016*

## **Update Phone Number and Address**

Please keep your dialysis center updated with new phone numbers and addresses. Also if there are any changes in your emergency contacts or their phone numbers. We have repeatedly had difficulty reaching people who have not given update information. This is important in the event of chair time/schedule changes, emergency events, transportation, and transplant requests.

## **Travelling or Moving**

In general it takes nearly 3 weeks to arrange dialysis at another unit. If you know you are moving or if you want to travel to another area, please notify your social workers so that they have enough time to arrange your dialysis there. Requests made with less than 2 weeks notice may result in dialysis not being arranged. So, please give advance notice.

## **Copays for Medications**

For those who received Renvela medication assistance, it is time for refills, please check in with your social workers when you are 3-4 weeks from running out. Social workers are applying for persons who need assistance with paying copays. Programs exist that can help you. Be aware that the Patient Access Network funds are no longer available for Sensipar, however your social workers are identifying alternative options.

## **Check Out Our Website**

Previous issues of the Social work newsletter, information on your health care team and DCD unit news here:  
Go to: [www.desertcitiesdialysis.com](http://www.desertcitiesdialysis.com)

## **Activities on Dialysis**

We encourage you to bring activities to do while on dialysis to keep the time from feeling overwhelming. We also have books on tape, word searches, books to read, and other activities. Feel free to bring your laptop or phones to connect with our wireless network. Many people also bring portable DVD players to watch their favorite movies or a magazine that interests you. Staying on treatment for your entire prescribed time will eliminate more toxins, remove excess fluid and statistically will make you live longer!

## **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.



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## Safety Net Grants

American Kidney Fund is still accepting grant applications. Their grant is to assist patients with dialysis related expenses. Limit of \$100 per year per patient. Talk to your social worker about applying for assistance paying for medications, transportation, or other health related expenses. For those who have applied already, there is a delay in processing.

## Stay Active

Exercise is a key ingredient in mental and physical health. Do what you can for activity. Whether it is arm lifts, leg lifts, curls, standing and balancing or running. Whatever you can physically do will improve your outcomes. Physical exercise improves mood, sleep regularity, appetite and physical independence. Ask your doctor what exercise you can do today.

## If You Must Miss A Treatment

Missing treatments statistically shortens life expectancy, please do your best to never miss treatment. However, if you must miss, check to see if there is a makeup session available later in the day or the next day. Going several days without dialysis significantly increases chances of stroke or heart attack. Do your best to make your treatments, and remember if you can't make it then reschedule.

## Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970.

Log onto [www.rsnhope.org](http://www.rsnhope.org) for events, support and coffee chats. REACH OUT TODAY!

## Getting the Most out of SSI

For persons receiving SSI, there are 2 levels of payment.

- 1) If your shelter and basic needs are provided you receive approximately \$660 per month.

Some people when first applying were in this situation and their SSI payment remains there.

- 2) If you pay an equal share (Rent+ Utilities divided by # of adults) Then you are entitled to 890 per month.

If your situation has changed from #1 to #2 then make an appointment at Social Security and bring in proof that you are paying your share of the bills in order to increase your SSI payment.

## Please Do Not Go Hungry

There are many food banks, food distributions, and emergency services available. If you or your family are planning to go without food or basic necessities please talk with your social worker! There are also grants available to help dialysis patients and families with low incomes. Your social workers have more information, please ask them.

## Humor

