



SOCIAL WORK NEWSLETTER

March 2017

Meals on Wheels is Back!

Barstow Senior Home Nutrition is now serving Barstow, Victorville and surrounding areas. Call today to arrange home delivered meals. This is for people who are aged or disabled and unable to leave their home to get meals. Call 760 256-9111.

Travelling on Dialysis

If you are travelling out of area, please notify your social worker as soon as possible to arrange dialysis while you are travelling. Social Workers need at a minimum 2 weeks of notice, prefer to have a 1 month notice or longer. The more notice given, the more likely that travel arrangements can be made in time for your travel. Be aware that if your secondary insurance is Medi-Cal then you will have a 20% copay for any treatments outside of California.

Home Hemo Dialysis Option

We are proud to be the only dialysis clinic in the high desert to provide home-hemodialysis! This is through a contract with Nextstage for cutting edge medical supplies and home dialysis machines. Why change to home hemo? This modality allows you:

- 1) The flexibility of dialysis treatment time.
- 2) Freedom of mobility and travel.
- 3) More liberal diet and fluid intake.
- 4) Less stress on your heart.
- 5) Statistically lower infection risks.

With home hemo you will dialyze more frequently keeping fluid and toxins from being in your system as long. Typical individuals dialyze about 3 hours 5 x week, varying by your body makeup.

Talk to your staff about brochures and DVDs available to get more information.

Post Transplant Coverage

Many have inquired about loss of benefits after receiving a kidney transplant. Here is the breakdown:

Social Security Disability/SSI- Will continue for 1 year after the transplant unless there are complications, you are over 65 or you have other disabilities. In those cases, the disability or retirement income will be continued.

Medicare coverage- Will last 3 years after the transplant unless there are complications, you are over 65 or if you have other qualifying disabilities.

Medi-cal- Completely income based, will continue to provide coverage as long as you are income qualified.

Wound Care and Hyperbaric Medicine

St. Mary's Medical Center has a wound care center with a hyperbaric chamber for accelerated healing. If you are having issues with a wound healing talk to your doctor about referring you to the Center for Wound Care and Hyperbaric Medicine. It is located at 16077 Kamana Road in Apple Valley. Phone (760) 242-2111 Fax: (760) 242-6746.

If you have straight Medicare, you can self refer to the clinic and be evaluated by a physician there.

Incontinence and Wound Supplies

If you or a loved one requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Go to www.shieldhealthcare.com or call 1-800 765-8775 to see if the supplies are covered.



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Utility Discounts

Multiple Discounts are available, not all are income based. If you are on dialysis, you qualify for Medical Baseline which allows more inexpensive utility usage. Also, income based discounts include the CARE program and weatherization program. HEAP program will pay for a utility bill per year call (800) 510-2020 and ask about HEAP.

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.

Advanced Arrangements

While almost none of us are comfortable with the idea of being incapacitated or even of dying, unfortunately it is an inevitable part of life. So many times friends and family are caught in a situation where they are not sure of their loved one's wishes.

We urge you to spare your friends and loved ones the burden and ensure that your wants are carried out in the event you cannot choose, so:

- 1) Please complete your Advanced Directives
- 2) Please complete your final arrangements.

There are inexpensive, even free ways to prepare as long as it is done in advance! Please talk to your social workers about options for you.

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.

Patient's Rights and Responsibilities

We advise all persons to know their rights and responsibilities on dialysis. Your rights and responsibilities are posted on the bulletin boards in English and Spanish. They are given to each person upon admission to Desert Cities Dialysis. KNOW YOUR RESPONSIBILITIES. KNOW YOUR RIGHTS. Additional copies are available to you at any time. Please let your social worker know if you do not have yours.

Humor

